Meditation

Angela 2 — Week 5, Day 6, Session 1 — 29 minutes

Summary: Russell offers an image of resting in a boat on the river of life, curious about whatever appears. Sitting up keeps attention clear. Rest when the current has you; near the rocks, bring attention to breath and posture. Getting lost in a daydream is not a problem — notice, and choose presence.

Introduction

I want to bring an image that, if it's helpful, use it. If not, toss it aside.

A familiar image — just a picture that we're in the river of our life, always. And we're sitting here being carried by this current.

And it's as if we're in this little boat being carried, and we're a very interested visitor to this. And whatever appears is the territory you're visiting.

Like it is when you're visiting a new country, a new place. There's curiosity about everything. Beautiful landscape — even the places that are full of garbage. We're interested to see what do they do in this country? How is that done?

And so we're resting in the boat. We're not working hard to study the — we're really curious and awake to it.

Sitting

So sitting up is helpful, but we're not trying to sit in some special way. We're sitting up to keep our attention clearer.

We know that when we have a good ground and a long spine, we perceive more.

So it's a feeling of alert resting, enjoying, curious.

And when the boat veers over towards maybe some rocky places or towards the shore, then we work a little harder, and that looks like paying more attention to the breath or bringing more attention to the posture.

And then once we feel we're in the middle of the river and the current has us, then it's a restful alertness, an enjoying curiosity about living in this place.

So I encourage that kind of resting vitality. Sometimes you work a little harder, and you rest a little.

[Silence 43 seconds]

Enjoy your journey.

[Silence 10 minutes]

Get lost in a daydream, miss the scenery. It's not a problem.

Just notice that — oh, I'd like to see what's going on here, even if it's not such a beautiful place.

We choose presence.

Taking responsibility for our attention is the ultimate act of freedom.

[Silence 15 minutes]