Meditation

Angela 2 — Week 5, Day 7, Session 1 — 30 minutes

Summary: Brief guidance on meeting the planning mind, the traveling mind, and the getting ready mind. They are ordinary mind states: give them space, recognize them with curiosity, and fall into a bigger space.

Sitting

How to sift the planning mind, the traveling mind, the getting ready mind, is strong in there, just like any other mind state.

Give it space, recognize with curiosity, come into the bigger space.

Fall into the bigger space.

[Silence 15 minutes]