# Practice

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Angela 2 — Week 6, Day 1, Session 1 — 44 minutes

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*Summary: Russell welcomes the group after a day of travel, then invites them to stand and sense connection without eye contact. Attention moves through inner spaces of the body, then to the rare gift of sitting in safety and gratitude, and finally to specific moments from the day that touched them.*

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## Welcome

Oh, welcome, welcome.

A lot of travelers. People did a lot of traveling today, hearing of —

So, in touch with something I've been feeling for the last day, a lot of excitement. It's actually a mix of — it is.

Draw an opening. Usually what I do with programs, a few weeks before we meet, I usually have all your pictures next to where I meditate. So I begin to connect and support. So I feel like I've been with you.

Yes, it seems, together here, it's like there was already this energy forward. And I reflect on some of the work I'm hoping we'll do together, some of the experiment, some of the ways of being together.

It's thrilling. I'm just excited to be here, and I'm glad you're all here. I'm so happy Ruth made it in. I feel myself reaching toward Christina and Laurie in their cars.

And of course — of course, everybody is exactly where they need to be right now.

## Standing together

Come and stand together.

*[Silence 55 seconds]*

*[Silence 2 minutes]*

Let it be friend.

*[Silence 35 seconds]*

*[Silence 48 seconds]*

*[Silence 3 minutes]*

Something weird.

*[Silence 39 seconds]*

The inability to connect with the people around you is a great loss. The inability to disconnect is also — something is incomplete inside. And to see when that's true.

Constancy of connection is what keeps us going forward again. Just now we're not in eye contact. Connecting through ourselves to space above and below.

*[Silence 2 minutes]*

It's good.

*[Silence 31 seconds]*

Boy, it's really hard to hold your breath that long.

Yeah, listen —

*[Silence 47 seconds]*

Everyone, settle —

*[Silence 46 seconds]*

## Inner spaces

Just bring your attention to the inner spaces, and just see, how do you know you're there? Is there any there there, more than a memory?

Lower leg area for people.

Torso.

Torso.

Belly.

Belly.

Let go the picture.

*[Silence 46 seconds]*

*[Silence 38 seconds]*

## The gift of sitting

Whatever temporary phenomenon — tiredness, loving sitting here, wanting to be lying down, anything that's occurring, thought or feeling, sensation — also notice, without pushing any of that away, can there also be the sense of what an incredible gift it is to sit in a place where we feel safe.

I'm guessing you feel safe, and feel surrounded by caring beings, well-fed, knowing we've got a nice bed to go to.

It's a rare, rare, rare experience, if we — because most of the people on the planet, and even people who have a lot of material goods, they have the sense of possibility that many of us are sitting with right now.

We have this week together. We all have different hopes, dreams, concerns, and that we have all of that. And we can notice that we have all.

You know, small — the sense of humanity, capacity of the group, of the larger space, of inner capacity to notice and appreciate.

But I'm more and more — it's one of the big things that I keep feeling — wonder, deep gratitude, basic sense of safety. That's not kind of conceptual, or — it's — wow.

I've always known it in some conceptual way, but still, how primary that need is.

Of course, there are many different levels, and we can say, in some ways, I don't feel secure, but the basic condition we're in — the atmosphere. Goodwill.

Down together —

*[Silence 15 minutes]*

## Moments from the day

To rest, stay seated. Go back through your day, listening for moments — feel touched. In some way, feel grateful for that moment in some way. Let it be specific.

Not a bunch of moments, but let it be encapsulated in a particular moment, and then you can go to another after enjoying that for a few breaths. Letting your body have it now.

*[Silence 54 seconds]*

*[Silence 48 seconds]*