Meditation

Angela 2 — Week 6, Day 2, Session 1 — 31 minutes

Summary: After bowing together, Russell offers the Zen image of guest and host. Each moment, sensation, feeling, and thought can be approached as a guest, with being here as the host, rather than getting lost in liking and disliking. The sitting returns to the seat and the breath where the hands are.

Introduction

Let's bow together.

I'd like to offer you an image that grows out of a traditional relationship in the world of Zen, and it's called guest and host.

In many cultures — a little less in our cultures — being a host to a guest is almost as fundamental as being a mother and a child, or father and child.

Stories in Asia, Middle East — actually, warring parties pausing because someone needed to be a host or a guest.

I take that very personally — that each moment is a guest. Each sensation is a guest. Each feeling, each thought can be approached as a guest.

Being here is the host.

Not to get lost in the liking and disliking, but to be a host for this guest that is temporarily visiting.

When we notice that we are not hosting — we're absentee hosts — it's good to notice and go back. And serve a cup of tea.

Sitting

[Silence 11 minutes]

Reaffirming your seat, feeling the breath where your hands are.

[Silence 18 minutes]