Meditation

Angela 2 — Week 6, Day 3, Session 1 — 29 minutes

Summary: Russell invites a bow, then guides sitting grounded in the body as a doorway into beingness. As distraction lessens, the body may melt into awareness itself. When thought carries attention away, return to the body. Later he names light at the crown, the breath, the low belly, and the center, welcoming them and letting go.

Introduction

Let's bow together.

A few words of guidance.

Sitting

I very much encourage you to ground your sitting in your body. It's a doorway into beingness — to feel I'm sitting here, feeling your bottom. Keep returning to the basic sensations of just sitting.

And as your experience of just sitting deepens, and there's less distraction — you don't have to keep holding on to the body. It kind of melts away, and what's there is awareness itself.

And you may taste that for brief moments or longer periods. But as soon as you find a distraction where you're getting carried away in thought, let your body be your home, your doorway, an entry point.

[Silence 14 minutes]

[Silence 6 minutes]

Corrected in your file. Sense of light through the top of your head, the breathing, the low belly, the center.

It's welcoming them after, letting it go.

[Silence 7 minutes]