Practice

Angela 2 — Week 6, Day 4, Session 4 — 25 minutes

Summary: Russell invites one person to set aside caretaking and stay with their own inner process. Grounded in the chair, they meet a heavy darkness, a lot of loss, and an old protective place. Rather than parse it or push it away, they stay in it, sense a deep pulse, and close in gratitude before lunch.

Opening

[Russell:] With a few comments, because we know each other significantly, I want to invite you as much as possible not to take care of the other people, but to just really let yourself have your process.

It's really not anybody with you. In your life, really appreciate that.

So I'm going to guide you. Is there anything you want to say first?

Okay. So, is this comfortable distance? You feel set up?

Okay. I'll guide you in, just to really bring a strong ground in your body.

I know there's lots of issues that are up, and we'll see how it wants to come later, but for now, just really give your right foot some good attention. Here you feel the carpet, and your left foot is really here.

Your bottom on the seat, supported by the chair. Real ground sensation.

Start going inside into the — inner places, inside your throat and chest, inside your belly and lower belly.

Just gonna gently invite. What's the strongest calling, or what's wanting attention?

If there are a few different things, you can acknowledge them, and we'll listen for what's particularly wanting your attention. Really an open, generous invite to your inner world.

Heavy and dark

[Participant:] Heavy. Heavy and it's in the dark. Heavy, dark.

[Russell:] With it.

[Participant:] Heavy, dark.

[Russell:] Wondering if that heavy darkness feels connected to a particular something, or is it a lot of things together? Can you tell?

[Silence 33 seconds]

[Participant:] There's a pile of things, but there's a — a large load that was dumped on it that makes it —

[Russell:] The way all that is right now might like your company —

Maybe gently sense what makes it so difficult right now to have heavy dark.

[Participant:] It's choking me. It's choking me. Twisting and pushing to take it away.

It's really hurting, and tried to step out of it, tried to push it away, tried to ignore it.

Toward the loss

[Russell:] Yeah. Let's go toward it, and see if you can have both your groundedness in the chair and actually go into that place, the feelings that are living in there, even as you're also in the chair right now.

[Participant:] Close.

[Russell:] It likes the attention, but it says there's a whole lot of loss, so let it know you're with it.

You're gonna take your time, not gonna try to get out of anything or through. You're gonna really be with the loss, the whole lot of loss, and it's grinding in there.

Really feel it, and be with it.

[Participant:] Yeah.

[Russell:] Speak in there, in that.

[Participant:] Yes, I am. It's been building. Afraid to let — scary to let that.

[Russell:] Yeah.

[Participant:] The boy's in there. That's not what you do. You don't let it out. He wants him to shush this sound here.

[Russell:] But right now, let it know you're really here to give it what it needs.

You just know — just. You're with it, and you're letting it express itself. Whatever it needs, whatever it needs, there's room for.

In it, not watching

[Participant:] There's a lot of different directions that could be chosen.

[Russell:] Yes.

[Participant:] Being sucked in. You can stand over here and watch. You can parse it. Take it apart. It's choice.

[Russell:] Yeah. I want to offer another one.

Be — not sucked in, but in. And right now, not parse it, but be with it and in it. You're in the chair, and you're in your belly.

Let whatever needs to come, let it come in our presence.

[Participant:] Chair's nice.

[Russell:] Yeah, the chair's a blessing. Yeah, we want that. We want that.

And that gives you enough to maybe go in there.

No, we don't want to go away yet. It needs more company. It needs you in there.

You're grounded. You've got a safety line hooked into a good place, and now you're dropping down in and going deeper in, cause it needs you in there.

[Participant:] It's been storing up for a lot.

[Russell:] Yeah. Yeah.

Feel from its point of view. Go to its point of view. What it feels like to be living in there.

[Participant:] It's a lonely place.

[Silence 43 seconds]

Lonely and old

[Russell:] Feel the quality of its sensation as you're in there, right?

Acknowledgement helps, and we want to keep letting it be exactly what it is. It's letting you in.

Keep letting it show you what makes it so painful. The loneliness is part of it. It's so alone.

And let it show you what else makes it so painful in there.

[Participant:] There's a lot of stuff on top, but it's losing, or sickness, and —

Could I know?

[Russell:] Let your being with that lost, lonely place, your presence there.

Yeah, right there, right in the lost, lonely, not away from it right now, not fixing it.

Really let yourself in the lost, lonely, grinding place, just as it is, right.

A chair will help you, and your feet will help you.

[Participant:] It's pretty old.

[Russell:] It's pretty old, yeah. It's letting you know how old it is. Yeah, it's speaking to you. It's letting you know how old it is.

And let it know you hear it and keep inviting it.

[Participant:] It's protective, yeah.

[Russell:] Protective something, and it's old.

[Participant:] Stand. It's — not better. Like a gardener. Which makes me wonder what's on the other side.

[Russell:] Right, right. So maybe be very gentle here.

Maybe let it know you appreciate all the work it's done to protect you for all these years, and that you really want to find out what's on the other side. You feel — but still you feel ready to sense what's on the other side.

If you tell the garden you can rest for a little bit, and I'll call you if needed.

A deep pulse

[Russell:] Sensing in there, your belly.

[Participant:] Deep pulsing, like — the — deep pulse, deep yourself, deep pulse.

[Russell:] So maybe it isn't an ant, maybe it's something else.

Pulsing in its beat. Be with it, and listen to its quality, if it has any feeling tone in that pulsing beat.

[Participant:] There's a fair amount of tension.

[Russell:] Tension in there.

Just acknowledge it and stay with this pulsing, deep, tense.

Keep going into it, cause you have the chair there to support you, and you have — I'll be a tether line that you can keep going further.

[Participant:] It's getting pretty quiet, but it's receding. It's receding, and I can choose to follow.

[Russell:] Willingness towards it. If it wants you there.

[Participant:] Leading in a direction I haven't been before.

[Silence 2 minutes]

[Participant:] On the way, he's gone away, and the lights are coming up, which is a relief.

[Russell:] Leave him there, and stay a bit longer and see if there's something else it wants from you, or to offer to you, as you're just being with it.

[Participant:] I think.

[Russell:] Take a minute to let that resonate. Like, repeat it to yourself and get it just right.

Find the words, bring it to it, and listen if it wants even subtle changes in the way you're hearing it.

Closing

[Participant:] There's more, but I think, yeah, that's —

[Russell:] A good place, to me, as well. Just take your time.

So just really let this inner place know you know it's there, and waiting for you. And you will be back.

Just acknowledge, if it's true, your gratitude that it is really willing to speak when you give it your caring attention.

[Participant:] It's so grateful.

[Russell:] I sense it is so grateful for your attention, and maybe you can have a sense of gratitude.

[Participant:] It's there.

[Russell:] Just feel this chair. Or — big space around it.

[Silence 2 minutes]

[Russell:] I don't feel like talking right now, so we're gonna just go to lunch.