# Practice

---

Angela 2 — Week 6, Day 6, Session 7 — 18 minutes

---

*Summary: Russell guides a practice of resonating personal qualities in the body and inviting images that carry them. After time alone with a written sheet, partners take turns speaking the felt sense of a few qualities while the listener offers back only a clear sensory or feeling tone.*

---

## Setting the practice

*[Russell:]* Let me describe the way to work with this, and then it might be possible that we don't all have to be in this room. I'm concerned that we won't be able to focus very easily with so much going on, so let me describe to you what the direction is here.

So, the way the whole process works — and I'm in the process of modifying it for our time and space — is you'd resonate these qualities by yourself. And as you're feeling into them, if any images come from your past, or you make up an image — you make up in the sense that it comes spontaneously — you could write that out on the other sheet. You could write out what that image is.

Old Asian man, sunlight, angel-like image.

Yeah, just kind of — but now, again, the picture is, I will lead you through this part. Actually, I'm just going to stay with it, even if we're late for dinner. Let's do this.

So this part, you can be next to your partner, but you're not interacting with your partner yet.

Okay, so the way I have done this in the past, and how I like to do it — if we're late, we're late. I don't need to be pushed by dinner time.

Okay. Yes. Okay.

## Resonating qualities

*[Russell:]* So close your eyes for a moment. You're not facing your partner now, so that you're in your space, maybe.

And you have your sheet that you've already written, easily available to you, so you can look at it easily. And your eyes are closed for now, and you're dropping in, and you're feeling your bottom.

What I want to encourage is a light yet earnest invitation. So it's not overly serious, but it's earnest.

Or imagine that we can actually grow these qualities on this sheet of paper to be part of you regularly. That these are not only known to you, but they can become active in your life. That's what we're working with. We can't do it aggressively or too seriously, but encouragingly.

And what we're going to take time with is, you can look over, you can see a quality, and then I encourage you to close your eyes and invite your body to see if it resonates, if it can find that

quality. And then open while you're feeling it, open with the thought or the invitation: who in my whole world — meaning everything you've ever been exposed to — embodies that, or what image comes with that quality, and then you wait.

If nothing much comes, fine. You just have the body sense of that quality and go on to another one. Let it into your body. You're not going to do all of them. You'll do three or four maybe, and you stay with it, feel it in your body, and then invite: does that evoke any image at all of a carrier of that quality that you have resonated with in your life?

And it can be an image that exists in full form, or like my ancient Asian man — it's not someone that I've seen, but it's an amalgam of much that connects for me.

Okay, so at a minimum, you're going to be resonating the qualities in your body. And then if you get some kind of carriers of those qualities that live for your inner life, jot them down for yourself.

Okay, so we'll just take some minutes just on your own right now. You look over, you let in, you see which seem most vibrant or most alive for you right now, and take your time.

If you want, you can write down the quality on your fresh sheet of paper so it kind of stands out to you from the other page, and then vibrate it, resonate it, and see if an image comes. If so, let the image also be written.

Do you want some paper? If anybody —

You know, buddy, I often need people. I got a lot of people.

And don't try to work, I would say, with more than five. That gets to be a lot.

And when you invite the images, it's really an invitation. Nothing may come now. It may come next week, it may come in your dreams, it may come now. So there's no force there. You don't need the images to do the part with your partner. I'll show you how to work with that if no images come.

The key to this is vibrating the qualities in your body.

*[Silence 3 minutes]*

## A difficult moment

*[Russell:]* Maybe one last picture to help evoke these qualities is, if you were in a difficult moment with yourself, what's a quality you would hope would manifest at a moment like that? Your inner life could call upon.

Certain qualities, when you were kind of in your story or struggling — what would you hope would be alive enough that it could appear also as a presence for you, for your difficult moment?

*[Silence 2 minutes]*

So we're going to be continuing with your partner in a few moments, so finish it in a minute, and then you'll have more time with this. So if you're feeling you need more time, you will have it, but we're gonna have the presence of another to help us.

*[Silence 32 seconds]*

## The speaker

*[Russell:]* Let's pause with the speaking, please.

So, let me describe to you — it's only gonna be like 10 minutes of speaking. That's all you need right now to start this process, and then hopefully it'll live with you for a while, I'm hoping. You'll keep your sheets and you'll refer back to them.

The way I recommend starting is the speaker to have your sheet nearby — you can consult with it — to begin with quality and let the image emerge or not from the qualities. You get what I mean?

So it might turn into something — an image that's helpful for you — or the most important thing is that you're letting your inner life resonate with the qualities. Kind of roll them in your tongue, feel them, let your body have them. Describe what it feels like, how it is to feel it. If it feels fully available, describe it fully. If it feels like there's a little bit of it, describe that. If there's a fighting of it, describe that. But invite it to come and show you.

And then on your own, you'll also just kind of pause and sense, is there something living in you, some image that carries this, and if something comes, great. And you can go to another quality. You can do a few of them, and then ask for the image, or do it after you do each one. That's up to you.

*[Participant:]* What do you mean by do each one?

*[Russell:]* You invite. Like I would look at my fearlessly courageous, and try it on. How do I experience fearlessly courageous?

And see, can I — do I have some inner reference for that? And I'm listening for that.

And if nothing comes, if I can't find fearlessly courageous, I'm sensing that, oh, it's not here right now. It's difficult for me to sense. I'm noticing that. And then I might go to a different quality and invite that.

I'm guessing that since it came from you, it's likely to be in there somewhere, and it might be available now. We'll see.

And then describe what it feels like. Grow it out. Flesh it out.

And then after you feel like you've described it a bit, and you're feeling it, just in a subtle way, say, is there any reference for this in my inner world?

Something comes, great. Now go to another quality.

And you'll do maybe two of these, maybe three of these qualities, meaning inviting them into your experience and letting them grow in your bodily experience.

Okay?

## The listener

*[Participant:]* Listener's responsibilities.

*[Russell:]* Great. Yeah, so the listener is holding presence, of course, and when there is a pause with a clear sensory or feeling tone, you can offer that back.

When it's a — yeah, just that. Just that. No other guidance, just that.

Yes, you're gonna start. I'll tell you when there's two minutes to go, and then we'll be switching over.

Okay? And enjoy yourself. This is the fun part.

It's gonna be ten minutes for each person.

Yep.

One second.

Turning.