Meditation

Angela 2 — Week 6, Day 7, Session 1 — 30 minutes

Summary: Russell reflects on sitting as a simple, courageous affirmation of being human—of staying with struggle, a busy mind, and a changing body rather than escaping into a cleaner virtual reality. The sitting that follows returns to the breath, the exhale, and the feeling of being alive.

Introduction

It's about to go.

Sitting here for me is so, so simple, and it's almost embarrassing to say. It's so noble. It's so noble to, in such a simple way, affirm our humanness.

That we have struggles, we have busy minds, we have bodies that are changing, and there's a willingness to be with that, to attempt to be with that.

And there's a certain courage in that, and there's incredible, indescribable rewards for the efforts to affirm humanity— to affirm our ability to be the place where life knows itself.

And that's not just a cute phrase. Life knows itself through our experiencing.

And there's a very big temptation to live in a virtual reality that's much cleaner and perfect— yet so much is lost.

Our willingness to come out of the virtual realities that we create in our heads and return to the breath and the sound and the feeling of being alive, just as it is, pleasant, unpleasant, neutral, is an affirmation of life in the deepest way I know.

And in a surprising way, I feel like we are affirming it for our children's children's children, who are likely to live in a world where they could have implants in their brains that will prevent them from feeling suffering or feeling pain or feeling anything but what they want to feel.

And something deep, deep, deep will be lost.

Affirming the ordinariness of being alive, and then the extraordinariness of love as our essence, of interbeing as our ground.

Sitting

So we sit here for ourselves and for each other, and for life's capacity to be true to itself.

[Silence 11 minutes]

The exhale carries you into the open space. It's letting go into the exhale.

[Silence 13 minutes]

Four.

[Silence 3 minutes]