

## Guided Meditation: Global Awareness

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So hello and welcome. And as a way of introducing today's topic, there are people in the ancient world, the time of the Buddha, who refer to the Buddha as a teacher of action. And in a way that is pretty accurate, that in teaching that, with Buddha's teachings on inconstancy, change, and impermanence, the core change that he was most emphasizing was the dynamic activity of our inner life. That our inner life is nothing static. There's no inherent essence that's kind of like a kernel of something permanent, like a soul. But rather there might be an inherent harmony, inherent sensitivity, inherent depth to the process nature of our inner life.

That it's constantly dynamic, constantly flowing and moving and dynamic, complex systems of relationships between all the different parts of who we are. And it's an activity, it's action, it's dynamism. And what we're doing part here is not judging what's there. We're not essentializing anything. We're not reifying anything. This is how it really is.

This is who I am. If you have an itch, you're then not forever an itcher. And that becomes your identity. If you have anger or sadness, that doesn't essentially define who you are. It's just an activity. It's part of the process that's unfolding now.

And we hold it all broadly, widely, in this wide field of attention that can hold it all without locking into any one thing that this is it. This defines who I am. This defines reality. This is what's happening. There's no locking in. There's a kind of participating in this dynamic or rich field of action, of activity.

And some of that activity, we have a role in shaping. We have a role in holding. In some of it, our primary role is to allow it to be there, not identify with it, not pick it up, not participate. And in the process, we come into a kind of a harmony, deep harmony, deep unification of all

the different parts. A unification that's only possible if we appreciate how dynamic it is. How we don't have our thoughts get locked in, or we don't get locked into our thoughts.

And so this sense of the dynamic whole where there's many parts, and part of this dynamic whole, there's parts of us that do get caught, and at the same time, side by side, there's parts of us that are free. There are parts of us that have ill will, and right next to it, there are parts of us that have goodwill, have love, and to broaden the heart wide enough to hold it all, so that then we can gently leave alone that which is unwholesome and go along with what is wholesome. Go along with that holds it all in a healthy, kind, supportive way, so that the whole, the way we hold it, the way we relate to it all, is with goodwill, kindness. The way we hold it all is without any animosity, any hostility, any diminishing or demeaning of any part of our experience. It's all included in the whole, even if in including it, we leave it alone.

So assume a meditation posture, and the posture is meant to be a wide open field, container of our global experience. The posture is not incidental, it's not just a means to meditate. It's the temple for meditations. With your eyes closed, to feel the global sense of your body. Whatever way that that's easy for you, letting your attention roam around, the body, let your attention broaden throughout the body. Having a panoramic view, have the mind's eye gently lazily roam around the body.

And then within this body, as part of your bodily experience, taking some deeper, fuller breaths to also give you a broad global awareness of your torso. And as you exhale, little longer than normal, relaxing the body, releasing the holding, letting the breathing return to normal. And see if you can have now a global awareness of your mind, a panoramic view of where you don't land on any one aspect of the mind, or you don't. See the mind through the lens of a particular attitude. A wide open view of the mind in all its different activities. And as you exhale, relaxing the thinking mind and in this wide field of body and mind, the activity, the action that you contribute is very simple.

To calmly know what's happening, to calmly sense, feel what's happening all the while that you stay centered in the body breathing. The rhythm of breathing in and breathing out keeps you close to the present moment and that combination of being here and the present with your breathing. And calmly knowing and feeling the global experience gives a chance to move your inner life to a kind of harmony, unification, peace. If you are thinking, notice how that narrows the field of silent awareness. Open wide of the field of awareness. Be as global panoramic as you can.

Maybe as if looking into the vast night sky. And thoughts are simply meteorites moving through the sky. Let them be alone. Let them shine and burn out. In the vast sky-like mind,

they can hold it all by knowing calmly sensing feeling calmly, being mindful calmly. We begin to leave things alone, to unstick ourselves, to make breathing room for all things, as if the calm knowing allows things to come into harmony.

And as we come to the end of the sitting, it's similar to how we began. See if there can be a global awareness of your body. Wide panoramic, with the inner eye roaming around, or the inner eye vast, like looking into the night sky. And a panoramic global view of the mind that holds it all, where all things have permission to be there. The only action you do is to choose to be aware of it all. And in this global awareness, might you have a stronger connection to avoid causing harm, getting swept into hostility, ill will, resentment, or even less inclined to be devoted to sensual pleasures, to desires.

Because all those things diminish the global well-being. And may it be, as this meditation comes to an end, that you are able to stay connected to a deep sensitivity, a deep knowing and knowledge that you lose so much of yourself if you succumb to ill will, resentment, anxiety, greed, desires, and at the best of who you are, is more available in a calm, broad awareness. And may the best of who you are be shared with the world. May all beings be happy. May all beings be safe. May all beings be peaceful. May all beings be free. Thank you.