

## Guided Meditation: Unhurried

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So hello and welcome. And one of the really important approaches to developing mindfulness and to developing or making room for all the different ways that we can love is to not be in a hurry. To take time, to allow what arises, to be received, to be known, without resistance, without condemnation, without preference, without grabbing onto it, without reacting, to not be in a hurry, to allow time, for things to be known, to be experienced, to be felt, in such a way that the part of us, the part of awareness that is not in a hurry, is cherished, is valued, rather than identifying with what is arising, what is occurring. If anything, do we identify with that part that can not be in a hurry? That part that cannot resist, that part of us that in awareness that can make space and allowance for things happening in the present to happen and be known. Because then it might be possible to know it kindly, to know it lovingly, or to know it with a generosity of spirit.

So to begin, to assume a meditation posture, to begin, and to gently close your eyes. And with your eyes closed, without being in a hurry, check in with yourself. Take time to know how you are in your body. Make room. Don't be in a hurry. Don't resist.

Just know. Just feel. Know what's happening emotionally. What's happening with your heart. Allow it to be what it is and in an unhurried way, silently be aware of it, know it, feel it, make room for it. Like you're getting to know a stranger almost or an old friend you haven't seen for a long time.

Take time, be unhurried. And what's happening in your mind, the image of not being in a hurry is coming into a home where young children don't know you, and they're little but apprehensive of the stranger that's you. And so you are not in a hurry. You don't approach the children quickly. You just sit there peacefully without any assertion, without any requiring anything of them. It's also a way that some people learn to be with cats.

And at some point the children start feeling safe. At some point the cats feel safe and interested. And they approach, feel that you're a safe person. So in this unhurried way, be here with ourselves. In an unhurried way, as if it's one of those children, one of those cats, allow the experience of breathing to find you, to come to you, to come to awareness. Allow the experience of inhale to appear and grow.

Allow the exhale to go and disappear, experimenting how you can have an unhurried way of being mindful, being aware of breathing, the body breathing, not pushing, not searching, not trying hard or peeking, but as if you have all the time in the world, letting the thinking mind become quieter, stiller, like you would be quiet and still with those children or the cats. And if the mind is thinking a lot or is busy with things, can there be an unhurried awareness of that? Almost as if awareness knowing is bigger, freer of what you're thinking about, the unhurried awareness of what arises. Taking refuge in being unhurried, recognizing that in the unhurried attitude, how there is less reactivity, maybe less resistance, less of an eagerness to think or to judge or have commentary, finding a refuge in being unhurried, where settling back into an unhurried way means that you're not actively participating with your thoughts, your feelings, you're leaving things alone, as if there's something shy or afraid or hesitant that will approach you, that will arise in this unhurried, unreactive way. And then within the unhurried attitude, can you find a tenderness or a gentleness or a warmth that might be associated with love in taking refuge and being unhurried? Does that make space for kindness, goodwill?

Let yourself be the unhurriedness and from there gaze upon all things kindly. Perhaps you have a love for the children or the cat that you can't express because any action would make them worried. Maybe. Be very quiet and still, unhurried, and allow your kindness to receive all things. And as we come to the end of the sitting, and again in an unhurried way, check in with yourself. But don't be so concerned with what you see and know about yourself.

Stay grounded, stay in refuge, in unhurried kindness. Yes, as if that's who you really are. And all the rest are things that come and go. Maybe in the unhurried way. It's also a way that you can be at ease. Be at ease in yourself.

And then gaze upon the world kindly. Bring to mind the people you'll be encountering today, the people you don't even know that you'll meet today. You might see on the streets and the places you go, as if you can gaze out across the world, across your neighborhood, gaze into the future people that you'll be seeing. Gaze upon it all kindly, unhurriedly, and see if you can have the aspiration, the wish, that you yourself wish them well. May all beings be safe and protected. May all beings be happy and at ease.

May all beings be free of hatred and meanness. May all beings be free and unoppressed.

And in having these wishes, having this way of gazing upon the world kindly, may our unhurried attitude of care actually provides those very things, at least in our gaze, at least in how we meet people. Meeting them, offering them safety and protection, non-hatred and non-oppression. May our unhurried gaze of kindness support this world. Thank you.