

Daylong Sit 4

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So we have a half an hour meditation. I'm not going to say too much in preparation for it. For some of us, it's right after lunch, and maybe that's part of the reason for half an hour. It can be a sleepy time.

And what I'd like to offer, in case you're sleepy, is that one way to work with that is to have your meditations be extremely short. What I mean by that: don't try to just stay mindful continuously. Just try to be there for the length of time it would take to glide on a scooter if you pushed it with your foot, and then start all over again. Just a nice relaxed rhythm: start over, start over. And that might help you somehow be fresh enough, in a little bit kind of good energy, to continue to be awake if you're sleepy at this time after lunch.

And if you're pretty settled and quiet, then continue where you left off from this morning with settling in. And when you feel ready, become aware of the subtle pleasures, the profound pleasures, the profound feelings that might be under the surface of what your normal preoccupations are concerned with. And breathe with that, settle into that, stay close to that, the more profound kind of profound and subtle sensations that are maybe more diffuse in your body, and maybe easy to overlook.

So those are two ways of practicing, and maybe do both if you need to. And so let's, otherwise I'm going to be quiet for this 30 minutes, and we can settle in. Okay, so we have now a half an hour for walking meditation.