

Monday Morning Guided Meditation

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In the way that I discussed the hindrances yesterday, they are byproducts of the surface mind. They're part of what the surface mind constructs, makes up the stories. Often enough, they relate to the surface sensations, the surface experience of life, even though maybe some people find them all-encompassing, all of what life is.

And one of the things that can make it easier with the hindrances is to appreciate: the deep mind, the deep sensations, the deep place within—that's there as well. The hindrances tend to rise with tension, with holding to something, with there being pressure. And sometimes they are expressed in our muscles. They are expressed in the tension that is in that control tower or the control center, the squeezing of the mind. With enough tension in the mind, enough pressure, of course it's going to be squeezing out thought after thought, story after story.

As we get more sensitive through this practice, we become sensitive to finer and finer forms of tension, of pressure, of squeezing. And sometimes, with the hindrances, the tension associated with them can feel solid, not easy to relax. But to know and feel the hindrance, to know and feel the tension, the agitation, the activation, and soften around the edges—softening in the belly, relaxing the belly, relaxing the sides of the waist and the small of the back, softening in the solar plexus area. The gentle rhythm of the chest rising and falling, softening around the edges of those sensations, not necessarily right in the middle.

Feeling if there's any way in which the area of your brain is activated, energized, pressurized, instead of relaxing it all, open up space around it. Give that thinking mind breathing room. Maybe the mind can expand and become softer.

If each hindrance is part of the surface mind, there's a wholesome corollary in the deep mind. Sensual desire, as the first hindrance, resembles the wholesome desire for practice,

Huh. Huh. Huh. Huh. Huh. Huh. Huh. Huh. H.

Perhaps in the stillness that's here, within you, around you, there's a clarity of knowing, of seeing that can be aware of hindrances, tensions, even suffering. They can see it clearly, hold it in the clarity, hold it in the stillness as it has its own thing. No need to interact with it. Just be aware, simply as you rest in the deep mind.

Oh. Oh. Oh. Oh. Oh. Oh. Oh.

For this morning, there won't be a bell to end the sitting. You can end your sitting as you see fit. It is now 9:05.