

Saturday Morning Guided Meditation

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To begin, and to begin with the beginning of *satipaṭṭhāna*, with breathing, and while breathing, having a global awareness of your body. Not zeroing in on any one part of your body, but a wide, panoramic view of the body. A kind of wide perspective that encompasses all of it in some soft, open way, allowing it all to be as it is for a few moments. Maybe with breathing at the center, and awareness spreading out wide, gently relaxing what can be softened.

And while breathing, with this wide awareness, whatever way that's easy for you, be aware of any tranquility, calm, or peace that's here. There might be things which are not tranquil, but in the wider awareness, feel the tranquility beyond the edges of what is not tranquil. Maybe in that global awareness, it touches up against some degree of peace. Somewhere there's peace, and deep inside, just outside it all, through it all, there is some softness, quiet, some degree of peace within which all things are allowed to be as they are. Non-contention, having attention without contention.

And while you're breathing, aware of this global experience, to the degree to which it includes tranquility and being global, it includes a kind of unification, a coming together of everything. Not focusing on the breath per se, but aware of the breath at the center, breathing at the center, towards which all things flow or tend or gather around together. By not fixating on anything, but with a soft awareness, maybe in this tranquility and gathering, unification, there might also be some equanimity, some non-contentiousness. Without any tendency to react or pull away or start looking for something different, just here.

And the word that describes all—just here—with all this, is the word “abiding.” To abide, a kind of resting in the middle of it all, abiding in the peace, the tranquility, the softness that includes it all within this global awareness. Abiding can be a bit like relaxing into the deck of a boat that's floating down the river. Maybe a small boat that has a skilled captain at the helm,

and you can just lay on your back on the deck and float and look at the sky. And everything is peaceful and nice and quiet on the calm river flow.

At the same time, the river is ever flowing. Nothing in the river is not flowing on and on. And so, to rest in your awareness, to rest in the peace, but being aware of the river flowing, ever flowing here, the ever-changing sensations and experience and things to be known. Like laying on the deck, looking at the sky and ever-changing clouds in skyscape, abiding in the present moment, where the river of time keeps presenting changing things, changing experience.

Will you rest and abide on the peaceful boat of awareness, where maybe breathing is the rudder that you gently hold to keep you here, pointing to the present? Even if it's for a few moments, remember to abide in the present, to rest into here, in the middle of all this. Rest in the awareness that's always in the present.

Hmm. Hmm. Yeah. Yeah.

If anything is not peaceful, not tranquil, it's okay. But let it too abide in the stillness, the tranquility that's here. Letting everything return to the calm, to the peace.

Hmm. Hmm. Hmm. Oh.

And so the clock appears as 9:05. And you're welcome to end the sitting as you wish, as you need.