

Friday Morning Guided Meditation

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In the absence of contention, it's possible to sit in the middle of all things. As an alternative to accepting or rejecting, we can sit in the middle of all things, and to sit in the middle and let the middle hold us upright. Maybe even strong, and to let everything else relax around the edges of the middle, like it hangs from it there.

So, giving some attention to your posture, if you're sitting upright, to find the middle, the middle line. The vertical line somehow feels like the place that's the midpoint, the midline for you. If you're lying down, maybe there's a horizontal midline that you can adjust a little bit and better align. And along that midline, is there some place that's the center of that, the center of your physical body? To rest at the center as you exhale, to let your body relax, so it almost hangs from that midline as you exhale, settling into some midpoint deep inside.

Neither accepting nor rejecting anything. No need to accept. No need to reject. Allowing things to be as they are, all around the midpoint, all around the midline.

And is there also a midpoint in your heart, or in your emotional life as it's lived right now? Is there a midpoint for your emotional being? If you sat in the very middle of how you're feeling, neither accepting nor rejecting, but on the exhale, letting your emotional life relax and soften, as if it's hanging peacefully from the midpoint of.

And as you exhale, can you also relax your mind so it too settles, releases itself to hang or settle into that deeper midpoint within? To trust awareness, to trust the midpoint of awareness within, where there is an absence of accepting things, rejecting things, being for or against things, resting at the center of all things. Letting all things relax and rest around the center. You don't have to be involved or react or come to any conclusions about anything.

In the midpoint, trusting awareness. The awareness that has a sacred absence. In the middle of all things, there is an awareness that neither lets go nor holds on. Center yourself there. Center yourself at the midpoint. Yeah.

Rest in the middle of all things. Whatever is happening, find the midpoint and trust awareness. Find the midpoint where there's no contention. And at the center of all things, in the center of your awareness, maybe there is love—love in your own flavor, in your way, whatever that might be—a love which neither needs to accept nor reject, love which has no contention with anything. Simply awareness that loves, love that is aware here. Oh.

So for our *saṅgha* that's online, I look forward to meeting with you at 6:15 today for another drop-in discussion. And for the *saṅgha* here, in person at IRC, we'll meet in here, the meditation hall, this evening at 7:30. And it is the last full day of the retreat. So care for yourself in the way that's appropriate for it coming to an end, preparing to end.

But maybe it's a day to be simple, content with the work that's been done, not holding on to anything, but just maybe trust and love. Not as something to do, but something to be, something to rest in today. Trust awareness and love. Thank you.