

Guided Meditation 2

Uncontrived Half-day Retreat

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AI Disclaimer

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So settling in for our second set of them day. I'll offer fewer words than the first time, but just some invitations. If there of interest, let's see how your sitting is flowing. So tuning in again to the body now in the sitting posture. Maybe it feels different after the walking. And connecting into the breath as a whole body experience. The breath body is one body among the bodies. A rippling oscillatory body changing but regular softening, aligning our connection to this body so that the mind is not adding extra tension, either on the in breath or the out breath. So I'm seeing that connectedness and intimacy with your body and how it is now whether as in torn or something, probably both. Be with it with some kindness. Maybe that we've started to have a sense of the mind as a backdrop. The mind, the awareness is there. There's a space like the scarring and the breath and the body happen within that. I'm feeling the use of that. So the way in which the breath body and feel like it assembles itself. And the way the way it's drifting down in the autumn, kind of drifting on the wind. May with a gust of wind gather themselves into a swirl corner of the backyard or something. On the in breath, the body assembles itself from subtle experiences that come together into the fullness of the in breath. And then on the out breath, those leaves dissipate back into the natural backdrop. The body disappears at the very end. Although the mind is there as the backdrop. With the touch of the in breath, the body assembles itself into something. And then dissipates away. And then the body is there.