

Meditation: Being Space (about 15-20 minutes or more, depending on pauses)

Relax or close your eyes. Allow your breathing to come to normal, easeful breath. Inhale slowly, exhale slowly. Release gripping or resisting the breath.

Let your awareness sit between the eyebrows and above the nose. Then gently walk your awareness back to the area where you would imagine your eyes, ears, and nose meet, in the center of the brain. (pause)

As your awareness rests there, just let any sounds that you may hear around you fade into the background, and settle your focus on the experience at the center of your mind, here in the limbic brain. (pause)

Notice an expansiveness, a clear openness, and now allow yourself for just a few moments to rest in the vastness... (longer pause)

If there is resistance to this, just notice that... (pause)

Resistance is the mental and emotional energy that arises and contracts against life experiences.

Notice the thoughts in this moment that say that what happened in the past should not have happened, what is happening now should not be happening, and that what may happen in the future should not happen.

That is resistance. If there is emotional resistance that arises with these thoughts, just notice that too. (pause)

Notice that all thoughts and emotions arise in a space. (pause)

Actual space surrounds these things. In noticing the space, the silence from which the thought or emotion arose, the thoughts or emotion will often move or dissolve. Notice, as the thoughts and emotions arise, move, and dissolve into space. (longer pause)

When it is realized that you are the actual space, and not the things arising in the space, there is no longer a need for identification with these things. (pause)

The mind may try to develop time-bound strategies about the thought or emotion... when this happens, simply notice the space in which thoughts and emotion occur. You are that space. (pause)

That space has no agenda, no strategy, no need to escape or overcome. It simply is. Space naturally allows what is there to be as it is. It notices, and allows all to come, all to move, and all to dissolve. (longer pause)

Finally, notice that what is noticing is not a thought. Rather, it is a witness. It is the Source itself. Simply notice the space in which all occurs. You are that space. (longer pause)

Now, begin to deepen your breath. As you breathe, expand your awareness from the center of the brain out into your body. Brush your fingertips across your thumbs. Move your toes. Slowly open your eyes and bring your eyes to focus. Inhale, Exhale.