Embodied Presence Meditation | Monday Night

Jack Kornfield · Notable Dhamma Teachers — Jack Kornfield · 22:40

If you would, let yourself find a way to settle, stable and comfortable. If it's easy, sit upright enough so there's a sense of both wakefulness but also graciousness. Like the king or queen on the throne, you take your seat halfway between heaven and earth in this human form. Allow your eyes to close gently.

The invitation of meditation is to come into the present, to quiet the mind, to open the heart, to find an embodied presence and loving awareness.

To begin, take two or three long breaths with a little bit of directed attention and relaxation. As we start, let the eyes and face be soft. Loosen the jaw. If you like, you can roll your head in a little circle to release your neck and let it find a simple upright position. Let the shoulders relax and the arms and hands rest easily.

Feel the weight of your body, how your body pulled by gravity meets the earth, and the pressure of gravity and the earth together make a seat that is steady and dependable. Held by the earth, let your belly be soft and the breath natural. Let your heart be soft as well, to receive whatever arises with the spirit of kindness and compassion.

Now with this embodied presence, begin to simply notice with a mindful loving awareness the experiences here and now. Notice this body breathing itself. Feel how it inter-breathes with the rest of the earth, the air and the creatures, and all that breathes together. Relax as you feel the body breathe. Rest in the breathing. Let it calm and steady the body, heart, and mind.

As you sit with mindful loving awareness of this body breathing itself with the whole earth, you'll notice as well the arising of emotions and feelings like weather coming and going. You'll notice the thoughts and images of the mind, like clouds appearing—stories, pictures, memories, plans. Relax with it all and rest in mindful, loving awareness. Let things quiet and settle even as the feelings and thoughts rise and fall. You are the steady loving awareness, open and gracious.

We live in a busy culture, in a busy time, and there's not much room for silence, presence, listening. Rest just here in a stillness that's bigger than the thoughts and feelings that move through. A spacious loving awareness, quiet and present and kind.

Rest in a steady ease and presence. The body breathes with the earth and the waves of feelings and thoughts rise and fall. Underneath and around it all is a deep silence and stillness—a presence of loving awareness that notices it all as it rises and passes, and remains still and loving and present, just here and now.

If you like, you can put a half smile on your lips, the little half smile of a Buddha. Seated with a peaceful heart, steady, loving, present amidst it all, you become the Buddha. Take your seat of awakening just here and just now.

Just here. Quiet. Present. Amidst all things.

Now, when you're ready, allow your eyes to open gently and keep the sense of mindful presence as you do. For many of us, there are so few times when we just stop and let silence have its place. Listen. Presence.

Transcriptions produced locally using Swiss low-carbon electricity. Corrections and rewriting by cloud-hosted AI.