

Unedited First Draft Transcription – Opening Meditation - 2016 July 06  
Angel's Rest, Massachusetts

Let's begin by singing three Ohm's, and let it be a signal for you to go within. Take a moment first just to pull in whatever it is that you need right now, just so that what you really are can service who you might still think you are. It's all you, but call in what help you need for what would be deep rest for your body; it might be direction, it might be stillness in your mind, it might be love, it might be to open your heart, it might be to forgive and let go, it might be just to recognize who you really are. Find your intention. Let's pull that in with three Ohm's – chanting ohm three times.

2:26 Let your body relax. Let your breathing slow down, there is nothing to be done now. If your body should cease operating right now, find the place within you that knows that would be perfectly fine because it would be perfectly fine. It is only your mind that has any thought about something being not okay. Don't believe your mind. Feel the place that if you were to die now that would actually be fine. Is there peace in that for you? Let go. 4:52 And let's welcome the death of who your mind thinks you are, that [indiscernible 2 words] constant to existence when mind is running a story about you. Who you think you are only arises with the thoughts about you. Any thought that has "me" or "I" in it makes you believe that you are that person, but you're not.

6:00 Mind isn't going to get a handle on what's deeper than its version of who you are. That's mind, it doesn't have a clue about who you really are, but there is an inner knowing. For mind it's unknowable that there is something deeper that knows. The one that mind thinks you are, the one that says it's "I, me, myself," don't stick to that thought, it's just a thought. This is just part of the operating mechanism of being human, but it's not that, it's not true. There is no need to defend that one that you think you are. There is no need for that one to seek attention or approval. The one that you think you are can die out, it can just die off. It's like the death of a pattern of thinking, like the death of a familiar story. 8:51 It's a little bit like moving house, what was once familiar and [indiscernible word] known to you, we leave it. You can go back and visit. In places that are familiar there is a kind of a comfort in what's familiar, but it doesn't hold you anymore, it doesn't work for you anymore. Let it become like this.

9:31 Who you really are is in a landscape that doesn't have many stories. It doesn't have distractions, it knows the stillness, calmness. It was there before the story of you came along, and it will be there after the story of you dies off. It will be there after the body that you call you dies away.

10:44 The part that was there before your thinking mind grabbed an identity, your persona, rest there. There's no figuring it out, rest there, rest there. If your attention strays into a story, the moment that you recognize it go back to what was there before any story of you ever arose, ever incarnated. Go back to what was there before the story of you ever was conceived, and sit in that for a while. Ever so slowly, ever so gently allow that doorway, that access, to beyond all of it, allow that to remain open for you. 14:07 Maybe it's a [indiscernible word] part of your

attention resting prior to the story of you. Your mind might think, “well I’m just a bit spaced,” but it doesn’t matter what your mind thinks it’s fine. 14:32 Let the access to the deepest place that [indiscernible 2 words] experienced now, let that access be open. Remain open.

15:01 Why does the only thing that [indiscernible word] decides that something in the world is more interesting? What the mind presents is fickle, transient, and fundamentally not good enough. And when your attention can rest in the place that doesn’t need or want anything, why would you trade it for the story of you? It’s not a denial or an ignoring of the story of you it’s like a repositioning of what’s important. Where do you invest your attention, where are you putting your money, in the part of you that’s deeper and outside of all of it or in the story of you? Which one is the priority for you? Sooner or later in some lifetime you’re going to choose the deeper part of you, because you’ll have seen through the emptiness of the story of you. You can let that be now or you can remember these words in a few hundred years. That’s kind of how it rolls.

17:30 We’re going to wrap up now for the evening but the task is to stay in the deepest part. Keep going back to it and see how your body manages to go to bed, or go out for a walk or drive to where you’re staying. Play with it, it’s a technique you’ve got to learn about how to stay in the stillness but yet function. And this evening you can function without words, so let your body move and brush your teeth, and do what you’ve got to do but stay there. Keep dropping back prior to the story of you, keep dropping back. Notice how quickly you’re apt to jump back into story-land; trading it all again as if something in the world is actually worth it. The world will be there but viewed from a very different perspective. Find out about that perspective.

19:00 I need a volunteer for meditation in the morning. Veda, thank you. So if your body finds its self here before 8 AM in the morning, you’ll be in meditation until 8:45 and then there’s breakfast, and then I’ll see you here at 10:30.

19:32 You’ve got homework; outside of the story of you, prior to the story of you, prior to the story of you engage [indiscernible word] for the next 13 hours. Retrain your neurology, your pattern of thinking. Disconnect from, “the all about me story,” and let’s see how that goes down, because once enlightenment happens that’s how it is, you’re always viewing from 20:12 across side of the story. Start doing it now; train your brain how to do it.

20:20 So we’ll keep this room as kind of a sacred meditation room, okay? So if we need to hang out do it outside this room so that this space is for anybody who wants to stay and meditate more or whatever you need to do.

Blessings.