

SITTING WITH NATURE MEDITATION

INTRODUCTION

Welcome to another outdoor-focused meditation. In this practice we'll be taking ourselves to a nice spot where we can sit or stand for a little while, where we can look out at or be in a natural setting. You can also do this practice from indoors, looking out. The guided meditation will be about 20 minutes long, though you may stay in the meditative space for as long as you wish.

Plan where you will go and take yourself there. If you are outdoors you may have strolled or walked a ways. Find yourself a 'sit spot'. And if you are staying indoors, find a comfortable place to sit where you can gaze out a window or through a doorway, or sit on a porch looking out, and be present to a natural setting.

I'm imagining now that you have found your sit spot. It's interesting to take a walk with the idea in mind that you might stay in one place for a little while. Maybe there's some wondering about where that will be. I find that it usually comes quite suddenly and intuitively: 'ah, I'd like to spend a little time right there.' There doesn't have to be anything fancy in the decision. It just feels right.

As I continue to narrate I am aware that some of you may be sitting in an armchair gazing out a window or sitting on a porch looking at a natural setting.

AT THE SIT SPOT

I'd love to tell you what I am seeing now, but I'll let you be where you are in your sit – or stand – spot and *take in your surroundings*.

Taking in sounds.....smells.....sights.....

Do you find yourself wanting to gaze in just one direction? What happens if you turn slightly and take in some other view angles? Does that change your feeling about sitting where you are?

We'll *stay in this spot* now for quite a few minutes just taking it in.....

This is a fairly purposeless practice. It's a practice of being receptive.....present/ alert alive.....and still.

Dropping more deeply into stillness within our own body, relaxing, adjusting our posture for greater ease with every breath.

Relaxing the mind.....

although we are seeing, although we are hearing, although we are sensing in many ways, we don't need to add anything; we don't need to think about it or search into that sight or sound or sensation. We don't need to reflect on anything or create meaning. Noticing if our mind wants to get up to those things.

As our body relaxes, inviting our mind to also relax.

We may see or hear or sense things that give us delight. We may discover that we are smiling.....

We may discover that we are not, that our experience is full of uncertainty.....

Still sitting.

Just as clouds or shadows may appear and change as we stay in this spot, feelings and emotions and patterns of thought may appear and change. They are just like clouds.

Noticing the shifts in our body sensations when a feeling or an emotion passes through..... and letting it do that, letting it pass through.

We are here in this sit spot for just a little while in the big scheme of things. We are not building anything here; not making anything here; not leaving anything here – in fact best to make sure we are not leaving any mark of our having been here.....

In this way we can learn how to let things be in our mind, in our life, in our experience, without building on them, without making something of them, and without leaving some big hook attached.

Noticing again the details in your body.

Heartbeat.....rhythm of breath.....letting there be some softness to move slightly when that is right.....

Being fully present to this place where we are: inner and outer. Letting it be just as it is.

This is a radical practice of mindful awareness.

Radical in going to the root, to the fundamentals of just what's here, without any sort of meddling.

Remaining in this sit spot and this receptive quiet stillness – this is an active sort of stillness –for as long as you wish.

If some restlessness arises and you're ready to jump up and be done,

I suggest sitting just a little longer, sitting through that impulse of restlessness, and recommitting for a time to just be here. And noticing the feelings that arise when you make that commitment.

I'll leave you to your own timing and let you make your own farewell to this precious sit spot, this precious view, this air that you have breathed.....

and when you're ready take this mindful awareness into your heart and carry it with you into the next moments of your day.

All of nature is always with us.

Amala 2021