



One Earth Sangha

# Session Three: Guided Meditation

Transcript of EcoSattva Training 2023-24 Video

## Agreement

---

First, a little business. By accepting this document, you agree not to share with anyone who is not registered for the EcoSattva Training. No one is turned away from the training due to lack of funds, so if you would like to share it with someone who cannot afford the registration, please let them know they can [request discounted or free registration](#).

## Session Profile

---

Session Three: Meeting Just this Heart

[Session Resources](#)

## Speakers in this video

- Kristin Barker - director and co-founder, One Earth Sangha

## Transcript

---

### **Kristin Barker:**

Welcome to the meditation for session three. I invite you to settle into your cushion, your chair. Really feel the weight, the supportive weight of ground of Earth. What a friend, what an excellent, ever present friend, this body, this connection to Earth can be to allowing yourself to arrive. Feeling the breath, sensing the body, the energy body, the subtle body. If you like, pause the recording to just do a body scan or whatever practice can really support that arriving, that gathering of the mind to this moment, letting past and future drop away. The stabilizing of the mind.

As I take us into a contemplation this is a warm invitation to say, this may not be the right time to do a contemplation. Maybe I'm working with some difficulty right now. I



## One Earth Sangha

really just want to be with that. Just to soothe this heart, this part of EcoSattva Training is to take care of this one, this heart, not so that it's perfect and carefree, finished, but can be present enough for a contemplation. I really invite you to make room for that. Even pause the recording if there's something that feels like a little snag that needs your care, it's just fine, you do that. Just taking the time to stabilize, to sense, perhaps to soften the edges of this being, to feel the connection, not just with the Earth, but with the living Earth community, our place in this world. And as you sense that, consider in relationship to this exploration of views and narratives, what are the views that I carry about what's going on? There may be many. What are some of the most predominant? I just invite you to pick up one view of what's going on.

You can choose to pick one that is a source of difficulty perhaps, it's okay. This is the one that maybe doesn't arrive very often, but when it does, ouch, ooh, ooh, it really hits the heart hard. Let's pick that up. Let's care about that. Maybe it's one that you really think is true. All the better if it's true, if it feels really true and it's a source of difficulty. Yeah, let's be with that. Let's pick that up. So, we're going to pick it up in our hands. Maybe just hold it in your hand right in front of you, something that you care about.

Just going to be with this story, with this thought, this view that I really think is true or that I'm not so sure about, but I feel called to investigate it. Just put it in your hand. Hold it. Let's investigate it. Have a conversation. Where did you start? When did you begin? When did you first arise within this field of my consciousness? And let it speak to you. You can even pause the recording till you hear something come through. Just give it time. Give it your interest. Maybe reassure the story of your care. You're not trying to make it go away, you're just trying to be with it to understand it.

Where did you begin my love? Where did you come from? Tell me more about you. There's something that comes through. You might want to really, really go through the story. Maybe there's a longer story there that really wants to be told and we might ask, what confirms you? What supports you? What do you see that really validates the veracity of why you are here, the reasons why you're here in my consciousness? Give that some space, some appreciation. Yeah, I see that. Okay, yeah, that has some validity, so let's give that some space. Yeah, little story, little view. I hear you.

Some good points. That feels like there's a lot coming there. Maybe too much. It's coming fast and hard. Might want to kind of just note the top five. Give me your top five. Cool. I want to make sure that you're appreciated for what you see, how you got here. Give that



## One Earth Sangha

some space and again, pause the recording if it wants some more room. And then what is the impact? What happens in the being with that story, with that view, with that naming of something that really feels true. What is the impact on the heart? What happens in the body?

So as we hold the story, we're actually bringing the attention now to the field of the body and the heart. Holding the story still there, but seeing when that story is told, when that thought, that set of beliefs comes in, what is the impact on this being? Do you notice where in the body is it felt? Is it pleasant, unpleasant, painful even? Also just give that some time to really be sensed. What is the impact of this particular view that I'm working with now? It may be one of many that I want to work with, but this one, let me understand my relationship, how it impacts this heart, body.

If that feels like that's had some time, maybe again you want to pause the recording if you want some more, but if it feels like, okay, I have a sense for that impact, how then does it render the self? How is the story of me and where does that go in the context, in response to this story? If I believe that, where does it put this self? What is the story, then, that I have about myself in this? Or if the thought itself, if the belief itself is about me, it's about my power, my relevancy, my role, my action, something about me, then let's take it to the other side. What does that say about the world, other people, this planet, this that brought you about? So we're just looking at the relationship between how this thought renders both the self and the world, what it might say about other people.

So we're just reflecting it back, letting that be known, letting that come up from the unconscious, from the unspoken. This thought kind of banging around in our system, maybe wrecking a little havoc, bringing it to the surface, understanding what it's made of, where it came from, how it lands and its impacts, and how this way of looking through this thought, this view, how it renders self and world. Just breathing with that now.

And then let's bring back that thought into our hands and ask, what do you want me to know? What difficulty might you be speaking to? Are you trying to protect me? Do you really want me to understand some pain, some difficulty or some possibility? What do you want me to know? What are you asking me to see? I can set aside for a moment what you think about, what that thought is trying to say to you and just hear it. Just listen. Not take a position, is that true or helpful? Just so interested in listening to that thought, that view. What do you want me to know? What do you want me to really see? What really might you want from me? What do you have to teach me? What are you calling for?



## One Earth Sangha

What might be actually underneath that belief. What's being called for? What is the ache? What is the insight? What is the passion? What is underneath that? As we drop into the next level to deeper and deeper knowing of this, what is to be appreciated here? Not about the truth or not truth of it, but what it's pointing to, what it's calling for. Might explore the ways in which it leads me astray that might already be covered, might be something you want to explore there really gently. In what ways does this thought, this way of looking, this view, this belief?

What is its tragedy? What are the ways in which it leads me to tragedy? What are the ways that it leads me to something heroic? What is its promise? What is its peril? With this investigation, really to understand that this is really not who I am, but it is something I want to take responsibility for, that I want to know and I really want to bring to light, to really understand, to really actually, again, not taking a position on its veracity, but to appreciate it. I see how you got there. To come into an authentic relationship and to see what happens to the being when it is more deeply known. This view, this one in your hand.

What happens now to the being as the calling is understood, the deeper layers are revealed? What happens to the being when its promise and peril is revealed? What happens to the being when it's appreciated in a certain way? When its impact on the story of the self and the world are understood? These things can run us in an unconscious way. They can be driving us. Coming to know them is to either see them further empowered and rightly so, chosen or dissolved because they just wanted to be known and investigated and felt for the pain potentially that's underneath them, for the sense of tragedy perhaps that they carry.

So we can do this with many of the views that we carry about our situation and to really be so compassionate to whatever stories might arise. This is so difficult to be with. And of course we will have our strategies, we will have our views, some of them empowering, some of them disempowering, some of them ennobling, some of them really caught in bitterness. We can come into relationship with these and feel the field that is outside of that story and you can spend some time there. What is beyond that view? Maybe very specific, maybe very vague. It's sensing into that larger field of consciousness, the larger container, mysterious perhaps, which that view is just a view. It's okay. And then you might do this practice again with another view and then another one, taking inventory. What's your list of seven? Can we be in relationship to the views that we carry?



One Earth Sangha

Thank you for your practice.

## Dana

---

We hope you have found this transcript helpful. We invite you to help offset the cost to produce this transcript and the rest of the training by [making a donation to One Earth Sangha](#). Whatever you offer will be used wisely and is deeply appreciated.