



One Earth Sangha

Session Six: Guided Meditation

Transcript of EcoSattva Training 2023-24 Video

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Session Profile

Session Six: Creating and Discovering the Way

[Session Resources](#)

Speakers in this video

- Adam Lobel

Transcript

Adam:

In this guided meditation, I want to follow the same logic that we followed in the talk that I offered. And this is a logic that comes from the Tibetan Buddhist tradition called The Three Samadhis or Three Absorptions. And this is the underlying logic for a lot of Vajrayana or Tantric practice. And this is especially held within the Nyingma lineage of Tibetan buddhism and is important for Dzogchen, The Great Perfection.

I want to give a very outer or simple, accessible entrance into these practices. So the first samadhi is called the Samadhi of Suchness, the absorption into suchness. And this means metaphorically entering into the dark unknowing and uncertainty that is like a vast open space, like a womb of potentiality. Out of that arises the second samadhi, which is called the Samadhi of Luminosity. And this is the absorption of light when the heart breaks



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open and compassion and luminosity on its own naturally arises from within that open, dark emptiness. This is the luminosity of appearance, but especially of wisdom and compassion that dawns on its own spontaneously. And from the union of the emptiness and the luminosity, they come together into the third absorption, which is called the Absorption of the Seed. And this is a sense of a dot or a seed that arises naturally from this darkness and light.

So that the emptiness and the appearance, the total unknowing and compassionate activity are not held in a duality, but they're united. And this unity is the seed, the absorption as the seed. And this is the basic logic of visualization practice that a meditator in the Vajrayana traditions will rely on, these type of methods of these three samadhis to identify with this compassionate arising, this seed, which is the heart or the seed syllable of a Buddha, of an awakened being that then we learn to identify with. So this is what I'm drawing from, this long lineage of practice.

Before we enter into the guided instructions, I just want to invite you to check with yourself and to be trauma-informed in the sense that noticing with honesty and humility and simplicity, is there a lot going on in your life, in your nervous system today. And maybe this type of deep and possibly destabilizing practice might not be so helpful for you. So just being honest, checking in, feeling into your body.

And if it feels like there's a good ground for you to practice today, then I want to invite you to deepen into these three samadhis, which map onto the talk that I gave previously. This moment in the Ecosattva journey where we are emerging from the open womb of uncertainty and darkness and beginning to listen to a new song or emerge into new light that will bring us into the activity of the Ecosattva.

So in this spirit, please take a good seated or lying reclining posture. Whatever is better for your body today. And if you're doing this in a group, just whatever different bodies choose to do is welcome. And after finding your seat, if it feels right for you, closing your eyes and beginning to give the weight of your body over to the Earth. Unclenching any tension in your skull and around your eyeballs, the musculature around your eyes, helping that to soften, relaxing any clenching in your jaw, neck or shoulders, releasing any holding or tightness in your wrists or fingers from typing and texting, letting the tendons melt a bit, relaxing any clenching in your belly and abdomen, in your lower back. And really melting into the support of Mother Earth feeling held by our Earth. And with this support, letting your thinking mind dissolve into your body. And into your heart. And if it



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helps and is supportive to you, you could place your hand on your heart center. And either allowing your hand to rest on your heart or placing it back down, we'll now enter into the Samadhi or Absorption of Suchness.

First letting go of any clinging or reification in our sense fields, our sense gates. So letting our listening be open, receptive and non-conceptual, a non-judgmental listening. Listening to the sound of my voice, listening to ambient noises and the space around you, listening to your own living, breathing body, and even listening into the background of silence that is there before all sound. And letting all the other sense gates and sense fields just relax, free of this evolutionary habitual karma of trying to define what is for us or against us, what is pleasure and what is pain. And instead simply dissolving the sense gates into unknowing.

From here, inviting our conceptual habitual mind to melt into this silent darkness. I don't know what the future will bring. I don't know how our civilization will navigate climate mutation and the death of so many species, so much land. I don't know if there is hope or if I should be very afraid. I don't know if I can help, if I have the energy to help. I don't know how. Relaxing into the non-conceptual darkness, this primordial womb cave, this dark night of the soul. I don't even know who I am. So many of the stories that I have told myself and I have heard from our civilization, from our culture are also dissolving into darkness. What I think of as the purpose of life, dissolving into uncertainty. And it may be that our entire civilization is entering into a time of loss, collapse, and death as other civilizations have gone through before ours, we don't know. And opening our heart, opening our wisdom from within this not knowing you are invited to soften and relax back and back into this silent darkness, this groundless boundlessness.

And here some heart advice is less, is more. You don't have to do anything here. Letting go of the controlling ego, shifting from the driver's seat to the passenger's seat, letting be, beyond effort, hope and fear. And if there is some resistance to this much vastness and uncertainty, if there's a controlling part of us that wants security, then we meet that with real kindness and care, this quality, of course, of course, we're resisting this space. Just welcome that resistance in the vast darkness of the Samadhi of Suchness, unclenching your body, mind in relaxed unknowing. And you can let be here for a long time if you want to pause the recording now.

This Samadhi of Suchness is the ultimate truth of emptiness beyond existence and non-existence. Both and neither, beyond all concepts, total non conceptual vastness. And



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from this unknowing groundlessness, the second absorption dawns. And we feel this as the quivering heart. Yes, we don't know. There is this vast boundless uncertainty, but at the same time, there is this love, this deep care for our planet, for a tree, for a red tail hawk, for our fellow human animals, for the pain that we have caused and the pain that is coming.

There is naturally spontaneously in all of our hearts as EcoSattvas there is this love, loving this world. And this dawns like light, pervading the darkness. And at first it might be just starlight, and then moonlight. And then the dawn and soft glow of sunlight pervading the space with love, compassion for our Earth and for each other. We need each other. All the elements, all the forests, animals, oceans, deserts, mountains, and the sky are all whispering, we need each other.

So again, if it's supportive, you can place your hand on your heart as you feel this quivering living heart start to arise from the dark space in this light, which expands and glows, pervading the Earth and all directions. And part of this luminosity is the gift of the planet, the intelligence and evolutionary wisdom of this living Earth that's shining its light and its teachings all the time. Even a glacier melting. And the heat rising is the communication of our planet. And as we open and listen and witness this light, we might begin to allow our eyes to start to open just slightly letting in light and color and shape. Slowly, slowly, letting this luminosity expand through the visual field around us, seeing the objects and shapes and beings around us. And in our heart, in the midst of this open awareness, expanding in all directions, light expanding in all directions, in our heart, we feel the seed samadhi, the absorption of a seed, like a spark or a quivering that dawns in our heart.

And this is the birth of the EcoSattva, this courage beyond hope and fear. And this spark is like a dot or a mark that we can take with us into our life, into activity where our action through the seed preserves our connection with luminosity and love, and preserves our connection with this open, empty groundlessness. And from here without any formal break between practice and not practice, between meditation and action, we can arise from our seat and go forward into our life with this quivering heart, with this luminosity and the openness, the rest, and the profound ease of the groundless, open ultimate truth, pervading our being. So that action, compassion, and space are inseparable.



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Dana

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