

### **13.08.24 Guided Meditation: “A Path to Oneness”**

**by Louise Shinsho Cranny**

Each week on a Wednesday night I walk from my home in Kalang down the dirt road to yoga at the hall.

Today I want you to walk with me back home again. Let’s just check in on our posture before we commence. Letting the spine be tall like the trees around us. Swaying a little to find your centre of gravity. . The lower body sinking into the earth, feeling grounded. Sensing the weight and shape of the body.

We are stepping into the unknown.

The path is full of potholes.

Some are shallow, some are deep, and some of the deep ones are puddles full of muddy water.

It is dark, and we have no torch,  
so, we need to keep our wits about us. Relaxed but alert. Did I mention that on the right side of the road is a deep gutter and on the left side a steep drop off covered with vegetation down to the river. If we listen closely, we can hear the rapids tinkling over a submerged log. That’s the river far below. Frogs hop out of our way as we walk. The right road bank near the deep gutter, has glowworms intermittently, and they are mesmerising. They look like tiny cities lit up from a long way away.

[slowly]Generally, we can navigate by watching for the sky over head and staying beneath the stars, not the tree covered roadside sections.

Joko Beck reminds us that it difficult to search for something in the dark. We would rather go into the light to look for it, we avoid the unknown. Sometimes we search under the light just because its easier there, or it looks like we are doing a good job of searching.

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She says ‘what does it mean to be enlightened except to be more and more spacious, holding more and more without criticism’. It’s an open feeling, open for something besides your small self. [long pause]

Fortunately, others have gone before us and have left guiding lamps along the way.

There are messages written by great Zen and other masters to help us keep on course. Guiding us home. Here is one now, by Thich Nhat Hahn,

He says,

‘Peace is every step; it turns the endless path to joy.’

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It reminds us, peace is not external, or to be sought after or attained.

It is already here and living when we mindfully,

slow down and enjoy each step ,..... each breath is enough.

It is already here and living when we mindfully,

slow down and enjoy each step ,..... each breath is enough. [long pause]

We will now walk on being alert and enjoying the journey.

Soon a new lamp guides us

‘Cultivate the mind that dwells nowhere’ from the Diamond Sutra

‘Cultivate the mind that dwells nowhere’ from the Diamond Sutra [long pause]

This could translate as

‘No cultivation, no mind, no dwelling place, nowhere.’

‘No cultivation, no mind, no dwelling place, nowhere.’ [pause]

This give a pretty precise location of where we are right now. Nowhere! [pause]

Let just take a few breaths. No where to go, nothing to be ..... and move  
on

Let’s Pause a moment and notice the sounds around us, without labelling. Just  
Listening [long pause]

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Open awareness is like just listening. Opening to what is. [long pause]

When our mind wanders, we step into a pothole.

Just pondering how deep we went in,

for how long did we get stuck in the mud.....

we come back to the path. Just noticing

We see another pointer on the road. It reads

‘Not Knowing is the most intimate’ says Zen master Dizang.

Not knowing is the most intimate. Concepts of any kind only serve to separate  
you from the rich intimate, juicy experience of the moment right now.

Not knowing is the most intimate,  
what does that mean for you? [long pause]

Moving along calmly, with attention, we observe if the mind  
Has it veered to the right or the left,  
Do our thoughts lead us to the steep drop off and we are pushing them away.  
Avoiding them?

Or does the mind head for the bank where the glow worms' beckon?

Thoughts can be seductive and keep calling us back.

That is OK. that's just what thoughts do.

They are just thoughts..... Just gently noting. .... Being the observer.

[pause]

Following the breath all the way in and all the way out, back to here, now.

[long pause]

We see a new message lit up.

'No Thought, no analysis, no reflection, no intention. Let it settle itself' says  
Tibetan teacher Tilopa [pause]

'No Thought, no analysis, no reflection, no intention. Let it settle itself' [pause]

Or it could be stated:

'Get out of the way and let meditation happen' If you stop stirring the mud will  
settle and the clarity will present itself.

‘Get out of the way and let meditation happen’ If you stop stirring the mud will settle and the clarity will present itself. [pause]

Can you let go of the stirring the mud mind and just be? Not pushing those unpleasant thoughts away or grasping after those fascinating ideas. The mesmerising glow worms draw our attention and the unpleasant, avoiding the cliff, can create real whirlpools in the mind.

Paying attention again and seeing when the tendency to stir the mud arises.

Simply observing the tendencies is enough.

Moving on .... Letting the breath breathe itself. [long pause]

‘All you do is find the source and take up headquarters there.’

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[pause]

Finding where it is all coming from is the same as finding who you are. [pause]

[slowly]Who is thinking this thought? [pause]

Who is feeling this feeling? [pause]

Who is trying to do this? [pause]

Returning to each moment. Just this. And this

Just drop the question into the stillness of your being, like a pebble into a forest pool, and let the ripples radiate out, without trying to find the answer.

It is OK to not know.

Who is hearing these words?

Who is hearing these words?

'Walking on now we see a lamp before us. Its message reads

'In true meditation' says Adya Shanti 'the emphasis is on being awareness-not being aware of objects, but resting as primordial awareness itself.'

Letting everything just be.

Letting everything just be.

The tendency to fixate on things falls away and awareness spontaneously becomes aware of itself. You have arrived home.

You recognise this immediately as every cell in your body and every fibre in your being lets go and is at ease. [pause]

A magnificent round full moon is rising before you and the path ahead is well lit.

You have arrived home.

'Walk as if you are kissing the earth with your feet' says Thich.

We have caused a lot of damage to the earth. Now is time to walk home with love. It is only possible if we do not constantly think of the future or the past. Life can only be found in the present moment.

Thank you for listening

I would like to acknowledge Stephen Bodian and his book 'Wake up Now' and also, the book 'Peace is every step' by Thich Nhat Hahn and Nothing Special by Joko Beck from which I drew inspiration.

