

Trusting in the Force of Life Meditation

This meditation is adapted from Tara Brach and Jack Kornfield and a poem called “Hokusai Says” by Roger Keyes

1. Take a moment to become relaxed, comfortable, alert, and present. If you wish, take a few deep, centering breaths.
2. If you want, you can close your eyes.
3. Attend to the breath as your primary anchor of awareness.
4. With a primary focus on your breath, let your senses also open to the sounds around you, and the feelings and sensations in the body.
5. Let yourself be alert and relaxed.
6. As thoughts come, greet them with a friendly attitude. Note them and return to the breath. Do this over and over throughout this meditation.
7. Now, let yourself listen to and hear the wisdom of Hokusai, a 19th century Japanese artist, as he describes the process of attending to and appreciating the Life Force that flows through all of Life.
8. “Hokusai says look carefully. He says pay attention, notice. He says keep looking, stay curious. He says there is no end to seeing. He says look forward to getting old. He says keep changing, you just get more who you really are. He says get stuck, accept it, repeat yourself as long as it is interesting. He says keep doing what you love. He says keep praying. He says every one of us is a child, every one of us is ancient, every one of us has a body. He says every one of us is frightened. He says every one of us has to find a way to live with

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fear. He says everything is alive – shells, buildings, people, fish, mountains, trees. Wood is alive. Water is alive. Everything has its own life. Everything lives inside us. He says live with the world inside you. It matters that you care. It matters that you feel. It matters that you notice. It matters that life lives through you. Contentment is life living through you. Joy is life living through you. Satisfaction and strength is life living through you. Peace is life living through you. He says don't be afraid. Don't be afraid. Look, feel, let life take you by the hand. Let life live through you.

9. Attend to your anchor in the foreground, either the breath or a body sensation. Let your senses be wide open, including the background movement of sounds, sensations, feelings. Let this river of alive sensations live through you.

10. Continuing with your presence practice, notice if any part of the flow of life through you calls in particular for your attention. Let this life force be fully. Say “yes” to it. Allow it to be.

11. Say “yes” to any unpleasant sensations. Say “yes” to anger. “Yes” to fear. “Yes” to excitement. “Yes” to hurt. “Yes” to sadness. “Yes” to longing. “Yes” to restlessness. “Yes” to boredom. “Yes” to resentments. “Yes” to hatred. “Yes” to whatever is and whatever arises.

12. Let your energetic response be one of trusting awareness.

13. Feel fully and allow for the energy of this life to live through you while staying relaxed, open, and alert.

14. Trust in the natural, healing power of Awareness.

15. Trust in the allowing and appreciating of What Is. Let it come. Let it be. Let it go.

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16. Let fear and resistance fall away. Open to the experience of Life living through you.

17. Trust in the Awareness that includes all of Life.

18. It matters that you care. It matters that you feel. It matters that you notice. It matters that life lives through you. Don't be afraid. Don't be afraid.

19. Look. Listen. Feel. Let Life take you by the hand. Let Life live through you. Trust in your being. Trust in the force of Life. Trust in your Awareness. Let yourself be an aware channel for the force of Life to live through you.

20. When you are ready, you can open your eyes and return attention to your surroundings. As you do so, sense the force of Life continuing to flow through you.

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