

THE BUDDHA AND THE BODHI TREE





WHAT WAS THIS "YEARNING" TO CROSS OVER
TO OTHER SIDE OF THE ROAD?

TO BE WITH THE WOLF...



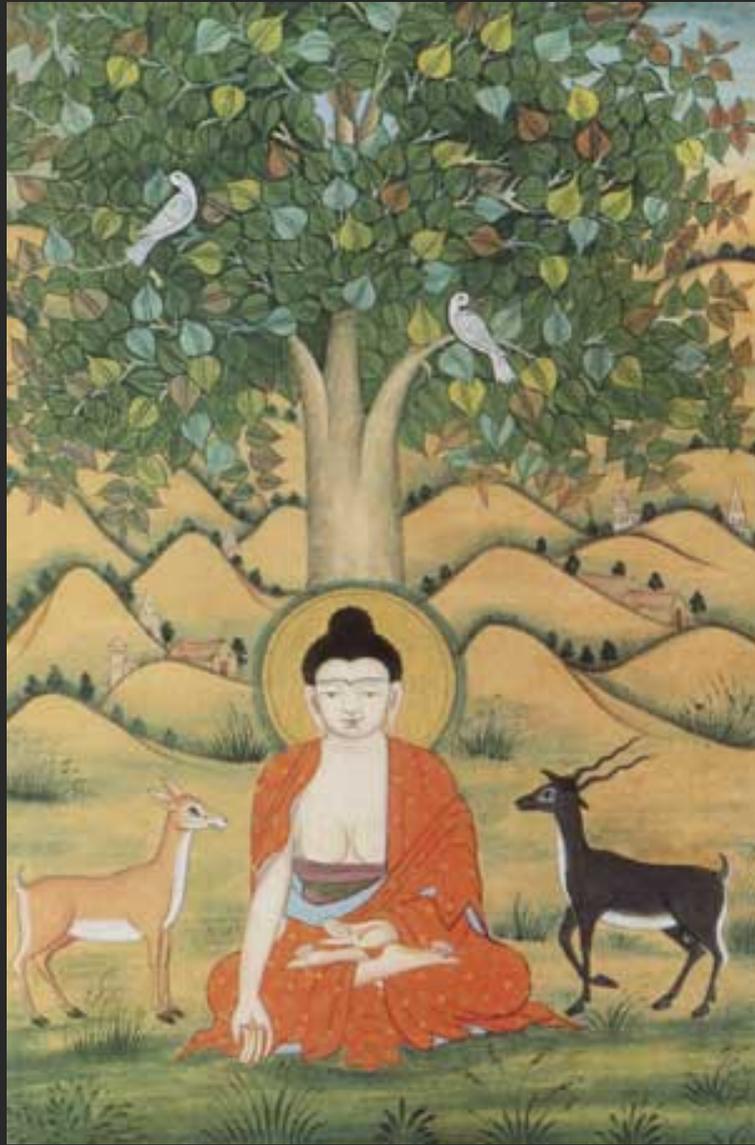
"PATICCA SAMMUPĀDA"

DEPENDENT CO-ARISING



"MITAKUYE OYASIN"

ALL MY RELATIONS



WHAT HAPPENED UNDER THE BODHI TREE?









FIRST, GAUTAMA EXPERIENCED DEPENDENT CO-ARISING

THEN, HE "AWAKENED" TO WHAT THIS ACTUALLY MEANT

A large, dark tree stands in a misty, foggy environment. The sun is shining through the branches of the tree, creating a bright, glowing effect. The text "THE TREE HAD BEEN 'AWAKE' ALL ALONG" is overlaid on the image in a black, serif font.

THE TREE HAD BEEN "AWAKE" ALL ALONG

A misty landscape with large trees and a bright sun visible through the branches. The scene is hazy and atmospheric, with the sun creating a strong backlight effect on the trees. The text "NOW, SO WAS HE" is centered in the image.

NOW, SO WAS HE



WHAT DOES DEEP NATURE CONNECTION DO?

- HELPS US TO REMEMBER OUR ORIGINAL INSTRUCTIONS
- TO EXPERIENCE "NO-SEPERATE-SOLID-PERMANENT-SELF"
- TO EXPERIENCE "*PATICCA SAMMUPĀDA*"
- TO EXPERIENCE "MITAQUE OYASIN"
- TO EXPERIENCE INTERDEPENDENCE AND INTER-BEINGNESS
- TO REMEMBER WHO WE REALLY ARE



RETURNING TO SACRED GROUND MEDITATION

Returning to Sacred Ground Meditation

Begin by making yourself comfortable...
And let your awareness descend into the body, right down to the ground...
Bring your awareness to the sensations of firmness and solidity...
With a quiet mind, an attentive mind, simply be present within the body as you allow your awareness to rise up and fill the whole space of the body from the tips of your toes right up to the top of the head...
And, as you're mindfully present throughout the body, set it at ease...
Notice any areas of tension, such as the shoulders, the base of the neck, and attend to these areas as you breathe in... and as you breathe out soften, release...
Soften the muscles of the face... soften the eyes...
Allow your body to settle in a posture of ease, of comfort and relaxation...
Let your body be still apart from the gentle movement of your breath...

1

Now, as you continue in the rhythm of your breathing, I invite you to remember a place in nature that is special to you . . .
Somewhere you love to go...

2

A place where you love to be . . .
A place where you feel safe . . .
A place where you feel free to be yourself . . .

3

In your mind's eye, imagine yourself arriving at this place...
And as you arrive, slow down, look around; begin to take in the detail...
Notice the quality of the light, the colors, any movement or other detail that catches your eye, let this sink-in, fully dilated, just notice... receiving whatever is there . . .
You are here now!

You have arrived in this place you love, this place you love to be in . . .
Now, pause... stand still... imagine closing your eyes and bring all your attention to your hearing...
Notice whatever sounds there are . . . allow them to be as they are... receive them, drink them in...

4

When you are ready, imagine opening your eyes once again and looking around...
Notice a spot where you could easily and comfortably sit or lie...
Now, if you would like to, gently let yourself down onto the ground...
You are sitting or lying now, in full contact with the ground, with the palms of your hands face down . . .
Closing your eyes, bring all your awareness to the sensations of contact between your skin and the ground . . .
With each exhale, let the weight of your body drop with gravity into this contact with the ground . . .
Notice the temperature, the texture, the moisture or dryness; you may even need to move your palms a little to get an even better sense of this . . .
If you are sitting, notice the contact between your feet and the ground, your seat and the ground . . .
If you are lying, notice the sensations of contact between your feet, your legs, your pelvis, your back, your shoulders, arms, the back of your neck, your head and the ground of this place . . .

Notice how the firmness and solidity of the ground... knowing this ground is holding you...
this ancient ground is holding you...
With each exhale, let yourself go to the ground of this place...
And relax, relax deeply...
With every outbreath relax more and more deeply, physically, surrendering your muscles to
gravity...
With every outbreath simply release the breath, effortlessly...

4

THE KEY IS THE OUTBREATH...

Utterly relax and continue to relax and let go, all the way through the outbreath, still
releasing, and releasing more, and continuing to release and let go, continuing to release and
let go even beyond the end of the outbreath while the next breath flows in effortlessly, like a
wave washing up onshore...
Whether the in-breath is long or short, deep or shallow, fast or slow, simply allow it to flow
in, without pulling the breath in...
Inhale as effortlessly as you breathe out, just letting the body breathe...
Letting the body breathe...
Letting the body find its own rhythm... letting the body breathe... effortlessly and without
constraint...
With each exhale, continuing to let go, to let go, to let go, while letting the body breathe,
letting the body breathe, letting the body breathe...
With each exhale, continuing to let go, let go, let go, while letting the ground breathe, letting
the ground breathe, letting the ground breathe...
With each exhale, continuing to let go, let go, let go, while letting the Earth breathe, letting
the Earth breathe, letting the Earth breathe...

5

SILENCE...

Now I invite you to prepare to leave this place, knowing you can return here anytime you
choose, knowing that this ancient ground is always there...
Now, gently bring your attention back to the sensations of contact between your body and
the chair, the bed, the floor...
And notice the sounds around you...
When you are ready, open your eyes...

6

EXERCISE

- SIGN OUT OF WEBEX MEETING
- SIGN INTO SKYPE WITH YOUR SKYPE PARTNER
- TAKE 20 MINUTES EACH TO LEAD ONE ANOTHER IN "RETURNING TO SACRED GROUND" MEDITATION
- SIGN BACK IN TO WEBEX THROUGH EMAIL LINK

N.B. IF ANYONE DOES NOT HAVE A SKYPE PARTNER
YOU ARE WELCOME TO STAY LOGGED IN TO THE WEBEX.



RETURNING TO SACRED GROUND MEDITATION

MONTHLY ASSIGNMENT

- CONTINUE DAILY MEDITATION PRACTICE (MOB, BREATHING THROUGH HEART, RETURNING TO SACRED GROUND NB. MP3 DOWNLOAD)
- DAILY SIT SPOT PRACTICE (BIRD LANGUAGE)
- JOURNAL ABOUT OF YOUR EXPERIENCE
- (PERHAPS SHARE WITH YOUR SKYPE BUDDY)

BIRD LANGUAGE

- GO TO YOUR SIT SPOT USING "THE ROUTINE OF INVISIBILITY"
- HONOR THE PLACE ON ARRIVAL
- LISTEN FOR THE QUIETEST SOUND IN THE 7 DIRECTIONS
- FIND A PLACE TO SIT AND BEGIN TO TUNE IN
- FIRSTLY WITH YOURSELF – MIND, BODY, HEART
- THEN TO THE TAPESTRY OF SOUNDS AND SILENCE
- NOTICE THE BIRDSONG
- RECEIVE THE BIRDSONG
- NOTICE "BASELINE" BEHAVIOR
- NOTICE "ALARM" BEHAVIOR
- HONOR THE PLACE ON LEAVING

