

Marty Janowitz:

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Good day. This is Marty Janowitz, and I'm going to be guiding you in a meditation practice today. And today, it's going to focus on how to work with groundless challenging times of great anxiety. I think we might have been encountering that recently, but particularly towards a path of what is called compassionate abiding, allowing us to connect with who we are on a deep level, which turns out to be the best ground, both for accommodating difficulty and discovering the possibilities, even the joy within it.

This meditation can be done in any posture, sitting, even walking or lying down for that matter. So, be in a posture, the one guideline is to be natural in it. And to have some connection with the ground, either sitting with your feet touching the ground, or obviously walking or lying down. Be natural, pause.

This practice begins by leaning into what is going on. It begins by connecting with our breath and by connecting with our breath, I mean, let's just sit and breathe naturally, simply and a little bit deeply just in and out. Get a feeling for what it's like to just be breathing.

And, now let's pay attention to that inner physical sense of whatever anxiety or uncertainty we are embodying at the moment. In fact, this practice is a good thing to do when you know you're aggravated and you know you're anxious. Find it in our bodies. You may even touch it. You may even put your hand on where you are holding that sense of anxiety. It might be in your belly. It might be near your heart. Allow it to happen. Not only that, feel what your anxiety is like. Be with your anxiety, and in fact, stay with it for a moment, even if it's deeply disturbing, even if there's a big storyline with it. We need to start with where we are.

From this place of being in relationship to our discomfort or our anxiety, we can now focus on working with our breath by breathing more deeply in and out. When we breathe in, we want to breathe into feeling how we are, but then as we breathe out, breathe out almost as if it were a sigh.

It's all right to even hear ourselves breathing in that way. That's sense of breathing out the kind of relief you feel when something tough is done. Ah, we wanna do our breathing consciously. Breathing in, feeling the pain and anxiety, whatever it is we're touching, but then breathing out with a kind feeling of a sigh, as deeply and as fully as we can and allow the breath to go out into space. Breathe in and bring some of that kindness back in with us. Breathe in and then out. We might even

discover there's a little bit of humor in the whole thing, in this atmosphere of pain, contrasted with openness.

This practice is a bit of a jumpstart practice. Sometimes, it's been described as reconnecting with the cradle of our own loving-kindness. Breathe in fully with a sense of opening, breathe out with a sense of warmth. In with kindness and out with even more kindness. Breathing in with touching, breathing out with sharing. Breathing in with openness, breathing out with compassion. Breathing in with simplicity, breathing out with love. Breathing in with readiness, breathing out with appreciation. Allow our feelings to be the guide. And let's see if as we do this, we can connect with a sense of an embodied sense of our heart, our heart getting bigger, our heart being able to hold whatever it needs to hold. Breathe in with simplicity, breathe out with warmth.

If your heart feels tight, allow it be tight as you breathe in. Breathe out with relief that it can breathe out. Can we find space in, in and out? Can we find kindness within, in and out? Can we find ourselves being who we are holding uncertainty and holding and discovering pa- space. Breathe this way in practice, and then possibly bring a bit of this quality into breathing this way in, in life.