

## Guided Meditation Let the Flow flow (12.4.21)

(Alexis's transcript)

So, hi everybody  
Just relax  
sit comfortably

Welcome all appearances in the mind  
Without trying to make sense  
without going into the past or into the future  
without making any effort to understand

What we need to understand - understands itself  
as required - as needed  
effortlessly

If we are interested  
no tension - no effort is required

Just allow yourself  
to contact this experiment in the easiest manner possible

Everything is happening spontaneously - effortlessly  
both within and without  
our thoughts  
our decisions  
the sounds  
the bodily sensations  
the events in the world

All of that happens by itself

All of that is simply the movement of the totality

Totality is one - there is no separation

Separation is only a concept

It separates the cause and the effect

the past from the future

the perceiver from the perceived

And you from me

Don't worry about what happens during this experiment

What is happening is not important

Let it happen

Allow for

the peace of your presence

your inner peace

to disentangle itself from the perceptions

And there is nothing to do for this to happen

In fact everything we do can only prevent this disentanglement  
from happening

Just this deep relaxation

this deep letting go of any

grip on that which happens - any desire to intervene

Allow for things to follow their own course

It's like you are too tired to think

too tired to move

too tired to undertake anything

too tired to meditate

And whatever presents itself as bodily sensations or thoughts  
is not really worth any effort

There is no need to change anything

Now observe the current condition of your body and of your mind  
Notice any changes from where you started from  
and don 't make any comments or interpretations about that  
Just the facts

Don 't try to make sense of that which you perceive

Don' t stop the flow -  
let the flow flow

If the bodily sensations seem to occupy the foreground of your  
experience - it's normal  
because of the restrictions that apply to this experiment

The point is - do not try to do anything about it  
Do not see it as something positive or negative

It 's completely neutral in fact

There is nothing to change or to get rid of

Nothing to do

Thank you

Link: <https://www.facebook.com/groups/98221155624/permalink/10159639044690625>