

Teaching a Class on Meditation

How do I tell you that images
of an afterlife will sometimes
pursue you or that getting close
to the clarity of silence will often
require stirring the mud of your

life? To begin—close your eyes.
Step into your own darkness.
Rest your hands, palms up, on
your knees. Straighten your back.
Get comfortable. Take in a long

slow breath through the nose. Pay
attention to how much like wind
rushing among trees it sounds.
Push this same pocket of air out
through the open mouth. You will

be reminded of the sound the sea
makes when we walk along its shore.
Try to look past the score of small
lights vying for attention behind your
closed eyes. Do your best to move

through and beyond them, but if
they persist, give your full attention
to one and ride it just as far as you
can. Chances are it will get you where
you wanted to be in the first place.

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