

half/day sit

Rev. angel Kyodo Williams

Welcome

We are happy to have you.

Like, for real. Anyone that decides to re-organize their priorities and relationship to time to spend hours meeting, and meeting, and re-meeting themselves is someone I would like to get to know.

We might not agree on many things, and if we share the starting point of curiosity about the nature of mind, anything is possible. From there, the willingness to show up – to “sit., stay.” – in the face of the inevitable discomfort of seeing what suffering is made of, and an openness to be changed by what one becomes aware of, is all the ingredients necessary to transform our relationship to causing harm for our selves and others. To liberate us.

The half/day SIT came out from my wanting to have an opportunity for extended practice for a handful of people I started to sit virtually with that expanded into 30-60+ with no adverting. No FB Broadcasts. No IG Lives. Just folk showing up and telling someone else they might want to do the same. After many weeks (six? seven? four?) of sitting, longer time seemed right and half/day SIT was born. The practice is simple. rigorous. out of and for the sake of love and justice.

There's not much more to say other than it's good to practice together and that I fervently pray it liberate each and every one of us just a little more.

Rev. angel

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how to be here

- **Prepare** your space so you are in a full view as possible. We don't need to be talking heads. We need to just sit. To find our seat. Only during talk might you come close for regular Zoom "face time" if that makes hearing and Q&A more accessible. If so, have a space that is ready but don't make a big deal.
- **Decide** in advance how you would like to do walking meditation and clear space for it. Don't head off anywhere except the last one, you can go wherever.
- **Nourish** yourself. No meals will be served 🙄 SO: Prepare a LIGHT meal in advance that we will "share" in silence during the Tea & Snack time. You might also:
 - prepare water that can be easily heated for tea while you get your snack
 - treat this like going to a space: have an easy, complete "bag lunch" with snack or fruit or both and non-sugary beverage.
 - avoid carbs & sugar so you can be clear-minded as possible
- **Hydrate.** Have plenty water nearby
- **Care.** Take care to take necessary medications, rest if you need (then come back) and don't try to accomplish everything at once. Or anything, really. Just sit.

ENTER & LEAVE gracefully

- allow camera.
- turn mute on.
- come as you are.
- mind your business.
- get what you need.
- leave as you must.
- no big deal.

practice

point/other than point is the practice Rev. angel is sharing. she developed it in response to the excessive doing that seems to take over being. it's also super portable. anything can be the point. for this experience, however:

point = breath resting in belly

other than point = everything that is not breath resting in belly

upon finding one's attention-awareness other than point, simply, gently but firmly, come back to point.

then again.

and so on.

and so on.

no. big. deal

(and very profound)

Dana - Generosity - Support for Teaching

Your registration fee supports the labor involved in getting a thing like this up and gives Rev. angel a very basic offering for the time. Nothing near what she can earn "in the world" so offering dharma this way is always an act of love and faith.

If you are moved from a place of love or generosity, wonder or wow, to give a personal donation, there are multiple ways to do that.

FINANCIAL via Paypal

If you do not need a 'charitable contribution letter' for tax purposes please use Paypal as "friends and family" so as not to incur a fee.

<http://paypal.me/angelkyodowilliams>

Venmo: @revangel

GIFTS

Naturally some people prefer the personal nature of a material gift. Rev. angel is, ahem, a bit particular, so it is best to gift only the things she names.

Email: svani@transformativechange.org for Svani to share a mailing address

Love notes & Cards

Self-explanatory. She reads every single one and keeps them.

(NOTE: Rev. angel is at high-risk healthwise in these coronavirus times. She is currently not receiving mailed items from people she is not already connected to so please be mindful. Digital love notes, cards, a poem, incantation, or song recommendation are always welcome.)

SNACKS

If food is close to your heart, turns out Rev.'s favorite snacks can be ordered online from Urban Remedy <https://urbanremedy.com/food/snacks/> Superfood Chocolate Chip (#1), Sour Cream & Chive Kale Chips, or even the Banana Brittle are tasty treats to keep energy high, bad stuff low.

Email: svani@transformativechange.org for shipping details. Get a gift card or even arrange for local (Oakland Bay Street store) pickup now that that's a thing.

<https://www.liblife.net/posts/donations-to-rev-angel>

you can find out more in no big deal squad. what's that? now that you've been here, you're invited to find out:

<https://www.liblife.net/share/vMC7YJlmg53FgyaH>