

### Meditation 44

#### *Meditation on the Movie of Our Life*

When you awaken in the morning, remind yourself that every moment of your day is like a scene from the movie of your life: the getting out of bed scene, the brushing your teeth scene, the making breakfast scene, and so forth. Continue reminding yourself, throughout the day, that everything that's happening is like light through film, and maintain that awareness as you go to sleep.

As the events of the day unfold, remind yourself that you wrote the script of this movie. Everything that's happening is like an imprint on the frame of a film that you created. All the appearances are light passing through film. If you don't like the appearances, how could you change your relationship to them? Which meditations that you've learned could change the quality of your experience of the events unfolding in your life? If you like the appearances, how could you share them with others?

Maintain awareness throughout the day of yourself as the main actor in your film. Watch yourself act, then let go of watching, as if you're one with the action itself. Remind yourself that each action is nothing other than light on film, then rest in the play of the light of mind itself. Watch yourself speak, then let go of watching your speech, as if your mind is becoming one with your breath on vocal chords. Watch yourself think, remember, or feel, then rest the mind in the knowingness of your thoughts, memories, and emotions.