

Bok Jinpa III: Class 5: Omniscience Itself

Meditation #1: Proofs that Our Lama is Enlightened.

- Take yourself again to that place you have created, that special place.
- You are holding your mother's hand on your left side and your father's hand on your right.
- And then everyone else is there behind you too. They are listening to you. You are going to take them through a teaching
- Picture your holy most perfect enlightened, angel Lama in front of you, as you look into their eyes
- This is the experience everyone else is having through you, you are teaching them about the Lama.
- First just try to feel in your heart some kind of gratitude for everything they have given you
- Now you are going to go through in your mind, to your mom and our dad, and everyone who is counting on you to lead them on this path.
- You're going through why this being before you must be an enlightened being.
- You can open your eyes now. **END**

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Meditation #2: Time as the thing that can't exist.

- Everyone focus on their breath.
- Let's just try and focus on slowing down the breath for a minute, lengthening the exhale, the inhale will follow.
- Call to mind a memory.
- Watch how your mind thinks of this event.
- I will put myself back to yesterday evening teaching.
- I am thinking that this is a past moment of time that I am somehow connecting to and remembering. That is the *gakja* (*that thing that can't exist*)
- Why?
- Because the moments of mind that I am thinking about, this moment, is happening now, they are ripening now.
- The images I see of the class are ripening now. I can't reach the past.
- I have no way of knowing, validating, whether the images in my mind are the images I would have thought of 2 hours ago, if I had thought about this incident.
- I have no way of knowing whether the things I'm thinking of as past actually occurred.
- You can open your eyes. END