

Bok Jinpa III: Class 3: Taming Our Afflicted Mind

Meditation 1 Class 3: Practicing the Wish

- Focus on your breath for a minute.
- So now take yourself to that place that you've created.
 - Doesn't matter how well you can see it. You just know that you are there. And you are sitting there.
- On your left side is your mom. You are holding her hand. She is the one who gave you this precious life. You need to help her. She's counting on you.
- On your right side is your dad. You are holding his hand too. You also need to help him. He's counting on you.
- Then behind you is everyone you've ever met. They are also looking to you for help.
- You can speak into all of their minds directly and you start to teach them about refuge.
 - Using Karma and emptiness to end suffering.
- Teach them your own understanding of emptiness.
- Go through it with them until they understand it.
 - Understand their emptiness, they are projections from your mind.
 - Understand your emptiness. You are a projection too.
 - That was teaching them the dharma jewel.
- Then show them a person who's seen emptiness directly.
 - What it means, get them to long for it. That was Sangha jewel.
- Now, picture yourself after you've reached the final goal.
- You are the most beautiful exquisite being you can imagine, a body of pure light. And a mind of pure love.
- Teach them what it is to reach the ultimate goal. Promise them you will bring them there too.

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Meditation 2 Class Three: Searching for the root mistake:

- Focus on your breath for a minute.
- Think about something you are really attached to.
 - Something that if someone took away, you would get upset.
- Think about how you view this thing and how you try to keep it.
 - We are talking wrong view here, we are exploring our wrong views.
- Then analyze that view and see how behind it you have applied certain self-existent qualities and characteristics to this object. This is why you are trying to hold on to.
 - You really believe it is a good thing from its own side.
 - Go down a little further to when you first started to like this object.
 - The moment of liking before you started thinking about its characteristics, qualities, it's more of an emotional, instinctual thing, right?
 - And the reason you liked it is because somehow it was pleasing, attractive to you. It made you feel good. Good feeling was coming from that direction.
- So that was the second moment, what was the moment before that? Before you had this instinctual feeling of moving towards this thing that made you feel good.
- What was the root mistake?