

Bok Jinpa III: Class 2: Upward Spiral

Meditation # 1: Examining how the cup exists

- Focus on your breath.
- Picture a cup in your mind.
 - Think about the emptiness of the object in a general way.
 - Would everyone see a cup? Even animals?
- Now think about when you see this cup in your world, when you interact with it, how is it that you are seeing it wrongly?
 - Try to find your attachment to it as a functioning object with qualities.
 - I can reach out, touch it and drink from it.
 - It has to be there in some way.
- Now start to reason it out logically why that's not true. Go over the arguments we went through in Course Two.
 - If it were an unchanging cup could I pick it up?
 - If it were a changing cup out there, how could the past of not holding liquid touch the present of holding liquid?
- If you get to the point where you actually come to some realization that the cup is not there as you thought it was, then hold it, fix your mind on it single pointedly.
- So you just did the three types of vision (or maybe two of them).
 1. That which *comes from indications*. Would everyone see it this way?
 2. That which *comes from seeking*. You are trying to figure out how it is there.
 3. That which *comes from analysis*. Having a realization that it is a mental image.

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- **Meditation #2 Refuge: Surrendering to the Lama**
- Focus your mind on your breath.
- First I want you to take yourself to some other place, some very beautiful special perfect place. An ideal sort of place for you to meditate.
 - You are going to bring your precious Lama there.
- Then bring your holy perfect Lama before you.
 - See them in the most perfect ideal form.
 - Think about how little you know. How you keep suffering and suffering over and over. Making the same mistakes.
 - Hurting yourself, hurting other people.
- This being in front of you, they can help you.
 - They have reached the goal, they know how to go on the Path and they desperately want to show you.
- So in your heart, you surrender to them.
 - Just ask them in your heart, please guide me, please show me what to do,
 - I know nothing, you know everything.
 - Of course they're so happy and they agree.