

Bok Jinpa III: Class 4: The Merit Field and the Practice of the Lama

Meditation #1: How your Lama sees you and how you see the Lama

- So focus at the tip of your nose.
- Go to that special place you have been creating.
- See your holy perfect Lama angel sitting across from you, just a few feet away.
 - Try and see them as perfect as you can. Body is radiant light. Feel the warmth from their body. There is a sweet smell coming from them.
- Now look into the eyes. See what they see in you. How do they see you?
 - Then become what they see.
- Think of the emptiness of your own body and mind. The ‘you’ that they see and the you that you normally see, both are just images.
 - Just a slight shift in perception.
 - Stay in how they see you.
- Now do the same with the Lama.
 - See the emptiness of their body and mind.
- What makes them appear in your mind like this to you now?
 - What would make them appear in your outside world like this?
- Look again into their eyes.
 - Promise them you will try as hard as you can to see emptiness directly.
 - Then ask them to help you.
- They always agree.

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Meditation #2: What is the line between inside and outside.

- Commit to making your body absolutely still.
- Turn your mind to the point at the tip of your nostrils and watch the air leaving the body and flowing back in.
- How much your mind is on your object?
 - How many things are you perceiving right now? Ideally it should be one thing.
- Let yourself just fall into the object. Just surrender your mind to the object.
- Think about the air flowing in and out. At what point does this air become a part of you?
 - Try and see the line you divide between yourself and the outside world, just at that point, at the tip of your nose.
 - Isn't it the same air once it enters the body?
- What is the line between inside and outside? Can you find it?
- What are you seeing when you see a division between things?
 - You are watching a mental image. There is no line because there is no outside and there is no inside.
- Try to catch your mental image of what you think of when I say, 'outside of you'.
- Try to catch your mental image when I say, 'inside of you'.
- What does it mean, two mental images coming up against each other like that?
- Is there a line?