

Bok Jinpa III: Class 6: Purified Through Prayer

Meditations #1: Finding the balance between effort and relaxation.

- Focus on your breath at the tip of your nose.
- You are seeing a certain area, in your focus.
 - Now try to zoom in, make that area smaller.
- If you lose the object go back to the original area.
 - Then try to zoom in again.
- If you're comfortable where you are zoomed in, you can try to zoom to an even tinier point of focus.
 - See if you can take yourself into a sharpness on the object
 - So much that you over do it and your mind bounces off and you get distracted.
- This is how we find the line. We go over it.
- Bring your focus back to the original area of focus you started with.
 - Zooming out.
- Try now and relax into the object;
 - Just let your mind be carried by the object.
- If you have trouble you can start to purposely slow down your breath.

Tip: This exercise is very important. It's the balance between effort and relaxation.

- It's the balance, trying to find the line just before your agitation starts.
 - Just before your mind is sent off the object.
 - So that you really understand what *ngar* is.
- Just put yourself on your object, in this case the breath at the tip of your nose.
 - You tighten up your mind on the object until it becomes too much, you bounce off of it.
 - Experiment with what it means to have subtle dullness because you're not making enough effort.
 - And what it means to start to have agitation because you've pushed too hard.
- You have to try it out, purposely so you'll know what the balance is between not enough effort and pushing too hard.
- You don't have to do a breath meditation, you can test this doing one of the other meditations we will do this week.
 - Chances are that your normal meditations are definitely far away from *ngar*.
- Experiment with that, see how far, how much sharper you can make your meditations.

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Meditation #2: Emptiness of the Five Heaps

- Watch your breath
- Turn your mind to your physical body.
 - You're trying to find 'me'.
 - Try and see if it somehow exists in the heap of form inside your physical body
 - Is there a 'me'?
 - You normally have some sort of sense that your body is you, so you can start with that feeling and then check and see if it is really true.
- Now check and see if your feelings are you.
 - We make almost all our decisions based on our feelings about things.
 - Seems like we live our lives as if they were us.
 - See, is it really true?
- Then go on to the ability to discriminate, to tell the difference between objects: left and right, red and blue, so on.
 - This a little more subtle than feeling, seems like it is with us in a more stable way.
- Next heap is Other Factors that make us up.
 - We have many options, but let's do our will, our impetus, volition, the force that moves us in a direction, gets us out of bed.
- Then check and see if the awareness itself is you. This is the hardest one.
 - For all of these, you can see how the awareness, whatever you're focusing on, is ripening and dying moment to moment.
 - How the quality of your awareness doesn't depend on you?

Bonus Advanced Meditation:

- Go through the Five Heaps. Try to find what you think of as me.
 - That's sort of the Listener emptiness.
- Then you go further
 - Take it up to the Mind Only level where you are examining the heaps of form and so on as all the same stuff.
 - Go through the heaps and establish that they are all projections of the mind.
- When you get to awareness itself, establish that that is also a projection.
 - That there is no subject state of mind ... as Master Kamalashila loves to say, can't be a holder, if there is no object to hold.
- It's all just a projection.