

Bok Jinpa IV: Class 2: Anything and Everything

Meditation #1: Investigating the Breath Through Feeling and Sound

- Focus on your breath right at the tip of your nostrils.
 - Try and get **deeper into your object** of focus until there is nothing else.
 - Focus on the **visual picture** of the air leaving your nostrils and coming back in. Notice where it is in space.
 - Now **focus on the feeling** of the air hitting that very small point at the tip of your nostrils.
 - Try and just let go of the visual image and focus only on the feeling.
 - If you took this **feeling by itself**, would you be able to identify what it was *if you completely removed yourself from the visual picture that is always attached to it?*
 - Now go on to try and **hear the sound** of the breath as it enters through your nostrils and comes out.
 - Try to let go of the feeling and the visual image, and concentrate on the hearing.
 - Can you remove the visual image completely so that it's just the sound?

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■ Meditation # 2: Emptiness of Touch Sensations

- Close your eyes. Focus on your breath.
 - Focus on the physical feeling that you are experiencing in one of your hands. One of your fingers.
 - Narrow it down so that you can focus on a particular point.

Look at:

1. the point that's touching
 2. the point that's being touched
 3. then the act of the touch.
- Try and catch your mind – see the three of them.
 - Start with the touch itself.
 - The physical feeling. See it as a mental image.
 - It's not a visual sensation. It's a tactile mental image.
 - Analyze the experience of the touch and see if you could find anything outside of that mental image.
 - Any kind of touch that's not a picture in your mind.
 - If you have trouble seeing it as a mental image, think about this.
 - Go through your whole hand and think about how you have to focus on one point of touch and then the next.
 - You can't really focus on the touch that's happening to your whole hand at once.
 - So when you think “my hand is touching my leg” or something like that, it's really just the mind piecing together components of that touch sensation.
 - But if the touch was there outside of you, you would always be able to feel it.
 - If the touch was there outside of you, you could feel your whole hand all at once, all the time.
 - If the touch was there outside of you, you would feel your hand the same way all the time.
 - So go back and see if you can now try and see it as a mental image.