

BJ9: *Class 4: Dispelling Darkness* chapter 7

Meditation #1: Asking for Blessings

- Just watch your breath for a minute.
- Picture Arya Nagarjuna in the form of your Holy Perfect Angel Lama sitting in front of you.
- You open up your heart to Them and They pour down a stream of wisdom.
- All of this fighting for understanding that we have been doing, you just let it go and surrender to Them.
- And as They fill your heart with Their own essence, Their own wisdom, you start to become Them.
- Then They dissolve into you, stay at your heart.
- Ok you can open your eyes.

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Meditation #2: Removing walls between yourself and others

- So picture in your mind everyone who is sitting in this room. See them as you normally see them, without applying any kind of understanding of emptiness yet. Just let yourself see them, like out there.
- Then see some kind of darkness in your mind like a wall, that limits you from seeing into their minds. And this is like how we see our own ignorance as in a self-existent way. It is the *gakcha*, the self-existent thing we deny.
- Now go back to that picture. See everybody in the room as a projection.
- Including yourself. Just a picture.
- See how you are already creating them and your story of them.
- Now what does the wall look like? It should be different.
- Now consciously try to project a different image of yourself.
- How does that effect the walls?

We are trying to push against the borders to what we can fathom. I push you in class but you have got to push yourself in your meditation.