

## **BJ9: *Class 5: Doers and Deeds* Chapter 8**

### **Meditation #1: Asking for Blessings**

- Close your eyes focus on your breath
- See your Holy Perfect Angel Lama in Their most exquisite form in front of you
- Arya Nagarjuna inside of Their heart.
- Ask Them for help understanding this Holy book on emptiness. See a stream of wisdom nectar flowing from Their heart to yours.
- Then dissolve Them into you.

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### **Meditation #2: An Analysis of Seeds**

- Close your eyes focus on your breath. Picture in your mind a tiny seed.
- Then picture how it starts to sprout... Like watching a little movie in your mind.
- Now rewind the movie until you get back to the seed and try and pinpoint the very 1st moment that the seed turns into a sprout.
- Maybe it is when the 1st little green thing can be seen popping out of the ground. Yellow thing. My seed is yellow.
- But that moment has a beginning, and a middle and an end. So you have to go to the beginning of that moment to find the real 1st point of when the seed starts to turn into the sprout.
- But then the beginning of that moment also has its own beginning, and middle, and end.
- The thing is, we can never point to a 1st moment that the seed turns into a sprout. If we look for it very carefully we could never find it. There is no absolute 1st moment.
- So then ask yourself a question: when the sprout comes, where does the seed go? At some point the seed has to stop in order for the sprout to happen. The seed is the cause for the sprout. But if the seed stops for the sprout to start then the seed is not there at the time of the sprout.
- So, how could the seed cause the sprout? If the seed is not even in the same moment as the sprout.
- Then your mind wants to say why can't they be in the same moment at the same time? Why can't the seed just transform into the sprout? Because a seed would not be a seed if it was a sprout. It would lose its nature of seedness if it turned into a sprout. It has to stop being a seed if it is a sprout. It can't exist at the same time as the sprout.
- How is a karmic seed stored? It passes from one moment to the next. The image of the person in the moment before causes the image of the person in the next moment and within that image are all our dormant seeds. What happens when one of them sprouts?
- Even passing from moment to moment as a seed would be impossible. But changing from a seed to something totally different than its nature, is totally impossible.
- Unless the whole process itself was only a mental image. Then you start to grasp how you are thinking of the process of karma as self-existent. Try to find the gakcha. The karmic seed that exists truly. Try to find how you are holding to this whole process as self-existent.
- Then see how it is impossible.
- Then replace it with this whole process of seeds ripening in the mind is itself a mental image.