**Mahamudra guided meditation**

Mahamudra: The ***effortless*** and immediate experience of our nature as empty (contentless) and aware (cognizant). Inside this empty and aware nature all dependently originated formations occur and as such are also empty of intrinsic nature.

Mahamudra Practice: Try ***not*** to establish a ***thing*** to be recognized ***and*** a ***recognizer***. This would be an incorrect dualistic view. After repeatedly ***experientially*** being aware ***AS*** awareness, you will taste the characteristic contentless yet cognizant nature *even* as everyday thoughts and feeling arise *within* this awareness. Over time you will come to re-identify as awareness itself and not the individual egos thoughts & feelings contained within this awareness. This view establishes an accessible peace beyond all transient thoughts and sensations of mind.

Glimpse practices: Guided meditation exercises designed to create an experience of the pure contentless and cognizant awareness ***that is our true nature***. There is no need to confirm your experiences by thinking. Concepts (formations) occur ***inside*** awareness, as such the aware experiences are beyond mere representative mental conception. During the glimpse practices we will try to pay attention to and ***experience*** the open aware “energy” aspect of awareness as it is pointed to during the meditation instructions.

The information on Dzogchen, Mahamudra and Madhyamaka is primarily from the book “Rainbow Painting” by Tulku Urygen Rinpoche.

The guided meditations are a compilation from 2 books; “The Little Book On Being” by Diana Winston and “The way of effortless Mindfulness” by Loch Kelly.

Bells will demarcate the individual glimpse practices.

* Sit and relax with your eyes closed.
* Notice the sensation of your **whole** body breathing.
* Experience what is it like to be sitting on the earth with the feeling of gravity and stillness.
* Nothing to do and nowhere to go… just now.
* Notice breath is happening by itself.
* Now notice that awareness ***happens*** in the very act of noticing.
* Slowly **open** your eyes with a soft wide gaze, simply see ***all*** that is in front of you. Imagine Being that stage in front of you. The space where all drama happens. Just the space itself, not the dramas that come and go.
* Notice the awareness that is looking through your eyes.
* Now **close** your eyes and notice the ***same*** awareness that **was** looking out is still here.
* Simply rest **as** wordless awareness, which is now aware of itself.
* Without identifying as a thinker of thoughts, ***be*** the awareness that welcomes and includes all things.

1. Slowly **open** your eyes again and ask yourself: What is here now when there is no problem to solve?
2. What ***is here*** when there is nowhere to go and nothing to do? Nothing to know or create or become. What is here, just now ***AS*** the world?
3. What is here when you are NOT orienting by thought, emotion or sense data?
4. Where are you aware from? Do not answer with words, what is this feeling of simply being?
5. **Close** your eyes again. Now, from this fresh beginners mind inquire: What’s here now when there is no problem to solve?

* Now try to turn awareness like a wheel inside a wheel to face itself.
* In the first instant of this movement, feel the anticipatory energy that is there before thoughts try to grasp and solidify the experience.
* Feel that what is here ***now*** is not a “what”or a static thing to remember.
* Awareness is a transient energy that moves as directed or is ***still*** yet dynamically open and accepting.
* Do not reside in thoughts such as “I have now” or “now I don’t”. Or I am getting nothing. No-thing is what is supposed to occur and manifest. What is here now when there is no thing to acquire?
* Can you notice that thoughts occur ***IN*** awareness, after awareness moves toward an object.
* Can you use the bodies direct intelligence to understand that thoughts can never ***contain*** awareness.
* The body has an intelligence that is all inclusive, non-conceptual and only experienced in ***THIS*** ***very*** ***moment, before thought.***
* Now, again turn awareness like a wheel inside a wheel to face itself but this time try not to be aware ***of*** awareness, instead be aware ***as*** awareness.
* It is OK if the feeling is momentary and fleeting. Here we will “Learn to return” and “Train to remain”. Repeat this cycle, be aware AS awareness without any thought or grasping or formation of concepts.
* Rest in that energy as awareness. Each time thoughts arise to grasp the experience, simply stop line of thought and return to the empty awareness as your being.
* Breath in while trying to hold recognition of both the breath and awareness, breath out with the same awareness present.
* Now notice the momentary U-turn time when the out breath is finished but the in breath has not yet started.
* Awareness is the open expectant energy that occurs in this space. Try to allow that space to be without thought. Allow it to be only open expectant energy.
* Simply breath ***AS*** that open expectant energy, in and out and again.

If you can remember any of these glimpse practices that resonated with you this evening. Practice that one now again. And again after your mind wanders. Bring your attention back and repeat the practice again for the next few minutes.

***Awareness is not actively created by the thinking mind.*** Through these practiceswe learn to ***relax into awareness***. As we relax into awareness we allow awareness to remove all the conceptual parenthesis created by the thinking mind. The nature of the **discriminating** mind is to always compare and contrast so that a thing unto itself can be known apart from the totality from which it actually emerged. This thinking mind is a fabrication, it is emptiness taking form.

Reflect on the three basic characteristics of true self: Emptiness, Awareness and Clarity. These are the source of true wisdom. Holding this view establishes an accessible peace beyond all transient thoughts and sensations of mind and body.

**Open you eyes**

**Reflections?**

**Closing statement**

May these practices allow yourself to be this open aware peace as you breath, as you move through the world and as you interact with all sentient beings. May you understand through experience that all sentient being are this awake aware nature, Namaste