

Mind as Knower

Adapted from a meditation by Kendall Magnussen.

Calming the Mind:

Focus your attention on your breathing. Breathe naturally. Just focus the mind on the rising and falling of your shoulders and chest as you inhale and exhale gently. Allow your mind to settle and become calm and present, ready to engage in meditation.

Motivation:

Create an altruistic motivation for the meditation session. Think that you are meditating not just for your own individual benefit, but you are taking the time now to meditate and develop your mind to become a wiser and kinder person, able to be of benefit to all beings.

The Main Body of the Meditation:

Now, slowly move your attention from the breath and simply become aware; become aware of sounds, smells, shapes, colors, tactile sensations, tastes, thoughts. Do this slowly, giving yourself a chance to really take it all in. You do not need to look around with the eyes or move the body, just use the power of mind and awareness and take in the scope of what the mind is knowing just as you sit. *(pause for a few minutes)*

Notice how the mind appears to reside within the body. *(pause)*

Now, notice how the scope of mind's awareness and knowing extend far beyond the physical limits of the body. Generate awareness of the mind as distinct from the body. Notice the differentiation between the physical world and the mind that is knowing it. *(pause for a few minutes)*

Rest in this awareness of the mind as knowing as much as possible, without going into details about the phenomena coming into awareness, just staying with the mere experience of knowing phenomena. *(pause)*

Some teachings compare the mind to a mirror. As you continue this meditation, see if you can note this reflective quality of mind, that which is simply knowing experience without generating it, just reflecting what is arising naturally. *(pause)*

Try to keep the mind as expansive as possible, staying open to the fullness of what the mind can be aware of, can know, simultaneously. If you find yourself getting disoriented, you can always go back to concentration on the breath, however focus on the mind being aware of the breath, rather than the breath itself.

Maintain awareness of the reflective, expansive, knowing quality of the mind. *(pause)*

Now, slowly bring your attention back to the weight of the body sitting on the cushion, in this meditation place. Allow the mind to settle back into the breath.

Make a determination to practice this awareness of the mind as knowing phenomena as you go about your daily affairs.

Dedication:

Finally, dedicate your positive energy and insights to the well-being and happiness of all living beings.