

Clarity of Consciousness

Adapted from a meditation by Thubten Yeshe.

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:

Imagine you are lying on your back on a hill and have a totally unobstructed view. When you look up there is the clear spaciousness of a luminous blue sky. Sometimes the distractions of the mind will create obstructions in your view of mountains, buildings, trees and your job in this meditation is to move those out of the way, merging yourself as much as possible with the clear luminous spaciousness of the sky.

When you notice thoughts, feelings, distractions coming to clutter up the spacious luminosity, just see them like clouds passing through the sky. The clouds arise, they abide in the space for a while, and then they move through and disappear. And the sky is once again clear spaciousness. It is the same for your mind.

When these thoughts come, do not attach to or grab hold of them; just watch them. Like clouds, they have no essence. Let them go and watch them pass away, returning your awareness to the clear, spacious luminosity.

Everything that arises – thoughts, emotions, feelings and sensations, the experience of sound, smells and so forth – has the nature of spacious, luminous clarity. Formless, space-like clear awareness. This is the pure nature of your consciousness.

Totally relaxed, stay for several minutes with this experience with intense awareness.

Dedication:

In conclusion of this meditation, please make a dedication as much as possible to remember that this spaciousness is in your mind; it is part of how the mind truly exists. It is the very nature of your mind. Dedicate in this way to being able to connect yourself, again and again, with this space so that it will be beneficial for you and ultimately allow you to be beneficial to all others.