

Adyashanti: True meditation

True meditation has no direction or goal. It is pure wordless surrender, pure silent prayer. All methods aiming at achieving a certain state of mind are limited, impermanent, and conditioned. Fascination with states leads only to bondage and dependency. True meditation is abidance as primordial awareness.

In true meditation all objects (thoughts, feelings, emotions, memories, etc.) are left to their natural functioning. This means that no effort should be made to focus on, manipulate, control, or suppress any object of awareness. In true meditation the emphasis is on being awareness; not on being aware of objects, but on resting as primordial awareness itself. Primordial awareness is the source in which all objects arise and subside.

As you gently relax into awareness, into listening, the mind's compulsive contraction around objects will fade. Silence of being will come more clearly into consciousness as a welcoming to rest and abide. An attitude of open receptivity, free of any goal or anticipation, will facilitate the presence of silence and stillness to be revealed as your natural condition.

From Tarthang Tulku Openness Mind: Meditation and "Awareness"

Meditation is a way of opening our lives to the richness of experience... not limited to certain times and places. ... In this kind of meditation we learn to embrace and learn from whatever we experience.

This all-embracing form of meditation, however, is not as easy as it sounds, for it entails mindfulness in all we do. We cultivate this awareness in every aspect of our lives... 2

By learning how to be totally satisfied every moment, our time will never be wasted. 6

"Inherent in the realization that our everyday world is actually always changing is the realization of intrinsic awareness"

Meditation: Aware of Awareness

...Our natural state of being is awareness: an awareness which is not of anything but which is an all-encompassing state of pure experience. ... This awareness is accessible to all who search for it: it can always be reached by delving into the nature of experience. We are not, however, able to stay in this awareness...it gives way to ordinary consciousness, which divides our perception into subject and object, creating as subject a self-image, the "I".

Meditation: Let it Be

Be very still and relaxed, and do not try to do anything. Let everything—thoughts, feelings, and concepts—go through your mind unheeded. Do not grasp at them as they come and go or try to manipulate them... let meditation do itself.

Each moment, the entire field of experience is present to an ocean of non-objective open awareness. let the thoughts be, and be aware of the space around them. Be aware that there is awareness. do not try to direct the awareness to or away from any thoughts, do not attend to the content either, but just notice. Awareness will come of itself: just stop holding on, stop grasping. Just let everything be. Accept all, but keep your mind open to what is not manifesting.

After we learn to let thoughts slip by, the thoughts will slow down, and nearly disappear. Then, behind the flow of thoughts you will sense a feeling which is the foundation of meditation. When you contact this quiet place behind your inner dialogues, let your awareness of it grow stronger. You can then simply rest in the silence. For in that silence there is nothing to do, there is no reason to produce anything or to stop anything.

From Gina Lake

DO THIS SIMPLE MEDITATION THROUGHOUT YOUR DAY Meditation is as simple as just noticing, or being aware of, what is coming into your senses, what thoughts and feelings are arising, what intuitions or inspirations are arising, what motivations and urges are arising, and what energetic sensations are being experienced without getting involved in the mind's commentary about these. Notice not only what is coming in through your senses, but also the impact it has on you subtly and not so subtly. The goal of meditation is to experience your true nature, or Essence, and Essence is this noticing, aware Presence that you imitate when you sit down to meditate. In imitating Awareness by being aware of everything you are experiencing in the moment, but not identifying with it, you become that Awareness; you drop into it. Noticing without getting involved in any mental commentary or thoughts about what you are noticing aligns you with Essence. 99

FIND YOUR WAY HOME BY JUST BEING We look for the sense of being Home in a physical home, in a family, in a lover. But unless we can experience it in the still moments of our life, no house, family, lover, or anything else will ever satisfy our longing for Home. The feeling of being Home is never found by doing, going somewhere, having things, or thinking, but by simply stopping and just being long enough to let ourselves feel that we are Home. Our longing for Home can call it forth. Know Home, value it, want it, and you will have it. The most precious attainment is right here in Stillness and in just being. Gina Lake 100