

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. --*Adyashanti*

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.

Dzog-chen

We get involved in these ideas and are unable to get behind them to experience the stillness of the Self. This cannot be done by force, for that creates resistance. This can be achieved only by ***alert passivity***, by relaxing the mind by not thinking of anything in particular, and yet not losing awareness.

--*Doctrine of Recognition* Jaideva Singh, p.29

You say, "Look I see all these thoughts running around." Never mind the thoughts. Who sees the thoughts. ... Go back to who sees it and stay with that. Don't let the contents usurp your attention....

the important point here is to try to understand by being that awareness. That's the only way that it could be understood, by being that awareness.

... whenever you imagine anything, it won't give you the feeling of being infinite awareness, boundless, uncircumscribed, empty of everything...

--Anthony LIM – click below for audio:

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