

Care of the mind

Meditation Clarity of the mind

Motivation

Calm the mind by spending a few moments focusing on the natural flow of the breath.

Generate a positive motivation by thinking that you are doing this meditation for the benefit of others. To be able to benefit others, I need to understand the nature of my own mind. By doing that I will realise my own and others' potential for enlightenment.

Meditation

Bring your attention to the in and out cycle of your breathing. Settle there and just watch for a while. Breathing in, breathing out, nothing more; allowing your mind to become grounded in the gentle rhythmic cycle of your breathing.

Your mind is the subject, the knower. Your breath is the known object.

Now imagine you are on a hill top gazing up into the clear limitless sky.

Settle your awareness gently on this luminous spaciousness. The clear luminous natural state of your mind is like this.

Your mind is the subject, the knower. The clear luminous natural state of your mind is the known object.

As thoughts and emotions arise in this space, know them. But like clouds passing through the sky, simply watch them arise, abide and pass away and then return your awareness, to the sky-like natural state of your mind.

As sensory objects, like sounds or smells, arise in this space, know them. But like clouds passing through the sky, simply watch them come and go. Then again return your awareness to limitless sky-like natural state of your mind. If necessary, focus for a short time on your breathing until your mind settles and then hold your awareness again on the natural clarity of your mind.

When you actually experience the clear luminous sky-like state of your mind remain quietly in single pointed concentration on this experience for a few minutes.

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To finish the meditation bring your awareness back to your breath and gradually to your surroundings.

Dedication

Think: *“May I quickly realize the pure nature of my mind and achieve my full potential so that I can help others achieve that same state”*

Venerable Tony Beaumont

Karuna also has experienced people you can talk with on:
07 3632 8300 or karuna@karuna.org.au



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