

**EFFORTLESS
MINDFULNESS:**

SEEING WITH THE EYES OF THE HEART

Gordon Peerman

WHY AM I HERE?

Curiosity ... lack, loss, longing ... connection with depth ... stillness ... to love life

The Tibetans say, “Everything rests on the tip of your intention.”

An invitation to “a different kind of knowing”

Evoking the heart-mind of Awakening, for your benefit, and the benefit of all beings

THE BASIC INSTRUCTION

“Relax and sit loosely.”

“Allow everything to be just the way it is.”

FOUR SOMATIC MARKERS

Grounding

Aligning

Spaciousness

Heartfulness

Rumi:

“Two Kinds of Intelligence”

WHAT IS MINDFULNESS?

Sati = Awareness, Knowing

Relaxed Embodied Awareness

Affectionate Attention

Two kinds of mindfulness

DELIBERATE MINDFULNESS

Focused Attention and Open Monitoring

Concentration and “Witnessing”

A Caveat about Deliberate Mindfulness

EFFORTLESS MINDFULNESS

A foreground/background shift

Noticing what is already, always here:

Ground ... Breath ... Space

POINTING OUT INSTRUCTIONS

Sounds ... Sensations ... Breathing ... Thoughts

What is knowing these, effortlessly?

Looking back at what is looking ...

A different kind of knowing ...

LOCH KELLY'S EXPERIMENT

Counting 50 breaths

Mindfulness of an object, like the breath

Mindfulness of Awareness Itself

THE MEDITATION DOES YOU

Grounding

Aligning and Breathing

Spaciousness

Heartfulness

Acknowledging the Sacred: a capacity larger than your personality.

WHAT IS MEDITATION?

The word for meditation in Tibetan is *gom*

Gom means “getting used to” or “familiarization”

Getting used to what?

This different kind of knowing from the awakened heart-mind

Bodhicitta

TIBETAN SAYING

“So close you can’t see it,
So subtle your mind can’t understand it,
So simple you can’t believe it,
So good you can’t accept it.”

WHAT IS THIS “IT”?

Presence ... Essence ... Imago Dei ... Being

Nous ... Spirit ... God ... Source

Buddhanature ... Original Goodness ...

True Nature ... Self ... The Natural State

MINDFULNESS IN DAILY LIFE

Why are we doing this?

Not to become good meditators.

To calm the mind ... and open the heart ... and connect.

Effortless Mindfulness in Daily Life: An Example

“FORMAL” SITTING PRACTICE

An invitation, not a requirement ... there are no Mindfulness Police

Setting aside a time ... a place ... to sit quietly

The shallow end ... or the deep end of the pool?

5 ... 10 ... 20 minutes ... once or twice a day?

The combination of movement and sitting

Guided meditations: <http://www.oneriverwisdomnashville.org/>

RESOURCES

Loch Kelly: *The Way of Effortless Mindfulness*

Loch Kelly: *Shift Into Freedom*

Rupert Spira: *Being Aware of Being Aware*

Gordon Peerman: *The Body Knows the Way: Coming Home Through the Dark Night*

John Prendergast: *The Deep Heart: Our Portal to Presence*

For Turning and Looking: <https://headless.org/experiments-home.htm>

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