

EFFORTLESS MINDFULNESS:

SEEING WITH THE EYES OF THE HEART

Session Three

DROPPING IN: GROUNDING AND ALIGNING

Grounding: Dropping out of the mind's fascination with thought ...

Inviting gravity to sink and soften you into the support of your seat ...

Acknowledging the presence of the Sacred ... and your Intention ...

Resting down on Earth ... Aligning ... and resting back in Breathing ...

Surrendering the personality's compulsion to control ... letting your mind relax

DROPPING IN: SPACIOUSNESS AND HEARTFULNESS

Sitting like a mountain ... Spaciousness behind and before ...

Breathing the outside in ... and the inside out ...

Taking up residence in the heart ... breathing through the heart

Walking out the “backdoor” of the heart ...

See who’s “got your back” ... spirit being, spirit animal, companion

Simply let yourself be ... not trying to meditate ...

Satchitananda ... Being/Consciousness/Bliss ... let yourself come home

RABBI RAMI SHAPIRO

“The chatter of the mind is as natural to the mind as the barking of a dog is natural to the dog. Just let it be and listen. Don’t label what you hear or judge it or use it as a catalyst for your own musings. Just listen. In time something unusual may happen and you will hear what the Bible calls *kol demama daka*, the fragile voice of silence (I Kings 19:12).”

The Sound of Silence ... the nada sound

LOCH KELLY: SHIFT INTO FREEDOM

“Don’t go into the tangled jungle looking for the great awakened elephant that is already resting quietly at home in front of your own hearth.” — Lama Gendun Rinpoche

Separating awareness from thinking, we see that thoughts and emotions are not the center of who we are.

What is here and now if there is no problem to solve?

ALREADY HOME

Awakening from the looping thought pattern called “me,” that feels located behind your eyes, in the middle of the head

Repetitive thoughts ... the “top ten tunes” ... schemas

Notice the space in which thoughts are moving.

Mind the gap of thought-free space: non-conceptual awareness

TURNING AND LOOKING

We're re-cognizing a capacity that's always, already here.

Recognition in Tibetan = "looking back at your own face"

The meeting of "child" awareness with "mother" awareness

"Just turn the light around, this is the unexcelled sublime truth." —*The Secret of the Golden Flower*, a Chinese Taoist classic

The Mystic Heart of the perennial tradition: "Acknowledge the differences, recognize the unity." — Father Bede Griffiths, O.S.B.

RESTING AND LOOKING

Resting = allowing things to be as they are

Looking = Inquiry, which invites a non-conceptual, intuitive knowing.

To shift, inquire: “Where am I?” or, “Who or what am I?”

“What does Open-hearted Awareness know?”

“What does the Deep Heart know?”

The Desert Mothers and Fathers called this “dropping the mind into the heart.”

LOOKING FROM THE HEART

“No big surprise, just re-recognize.”

This re-recognition is either overly rational nor overly emotional.

The “eyes” of the heart and the “backdoor” of the heart open to the
Great Heart

Inquiry: “Am I available?”

From the field of awake awareness: “I AM available.”

THE GREAT I AM

Resource from the Source ... Ehyeh Asher Ehyeh

YHVH ... unpronounceable, unnameable Aliveness

Abiding in Being ... Tao ... Presence ... Self ... Grace ... Spirit

Let feelings go through the “backdoor” of the heart

In the Great Heart, we’re no longer at the mercy of our moods.

"Practicing the Presence of God" — Brother Lawrence, a seventeenth century Carmelite
friar

TURNING AND LOOKING

“I travelled a long way seeking God, but when I finally gave up and turned back, there (S)He was, within me.”

— Lalla, a fourteenth century mystic and poet from the
Kashmir Shaivite tradition

TWO YOU TURNS

The first You Turn looks at what is looking, Awake Awareness.

The second You Turn looks at conceptual and emotional content from Open-hearted Awareness.

Take 1-2 minutes in Awake Awareness before making the second You Turn.

Open-hearted Awareness welcomes all thoughts and emotions in benevolent holding.

RUPERT SPIRA

Being Aware of Being Aware

The first You Turn is the Vedantic, witnessing move into
Transcendence

The second You Turn is the Tantric, embracing move into
Immanence

RUPERT SPIRA

The first, or Vedantic, Transcendent move:

“See thoughts and feelings like a train that enters a station, and then leaves; be like the station, not like a passenger.”

“Thoughts are nearly always on a journey into past or future, but our essential nature of pure Awareness never takes the journey with them.”

RUPERT SPIRA

The second, or Tantric, Immanent move:

“Don’t lose yourself in thoughts and feelings; let them lose themselves in you.”

Cherishing whatever arises, using this content in consciousness as the
opportunity for awakening

The personality will not cherish everything that arises, but the Source welcomes
all without preference.

GLIMPING IN EVERYDAY LIFE

Remember: Awake Awareness is already here, like a radio station that's always broadcasting.

Asking, "Am I available to THIS that is already here?"

At the level of the Great Heart, benevolent holding is already here.

Example: I am sad -> I am feeling sad -> I am aware of feeling sad -> sadness is welcome.

What is welcoming the ordinary mind of resisting and distracting?

"Find it behind." — Jean Klein, Advaita Vedanta teacher

RESOURCES

H.W.L. Poonja, *THIS*

Rupert Spira, *The Ashes of Love*

Dza Kilung Rinpoche, *The Relaxed Mind*

Francis Bennett, *I Am That I Am*

Rami Shapiro, *Surrendered*