

**EFFORTLESS
MINDFULNESS:**

SEEING WITH THE EYES OF THE HEART

Session Six

MEDITATION

Grounding ... Aligning ... Spaciousness ... Open-Heartedness

Using the three pointed object as the anchor for attention: the
breath rising ... falling ... felt sense of body

Then ... after a time ... turning and letting Awareness be your
anchor

Being Aware of Being Aware

JOHN PRENDERGAST

This session's teaching is largely taken from two books by John Prendergast:

The Deep Heart: Our Portal to Presence

*In Touch: How to Tune into the Inner Guidance of Your Body
and Trust Yourself*

AWARENESS

“Awareness is distinct from thought. Our argument with reality ends when attention is deeply seated in the heart. The long search comes to an end.”

Life can be heart breaking ... and heart opening ...

Love shines most brightly in beginnings and endings ...

The inner pilgrimage is the abiding shift of attention from the forehead, from the space behind the eyes, to the heart area.

THREE LEVELS OF THE HEART CENTER

Ego, Soul, and Self

THE EGO LEVEL

The Ego is how we think and feel about ourselves. “Gordonness,” my sense of myself. Am I good enough? Am I acceptable just as I am? Am I lovable or even likable? Am I worthy of respect? Am I lacking or fundamentally flawed in some way? Do you think I am OK, do you think I’m doing it right?

Dan Brown: “Self-esteem is the linking of positive affective states with a sense of self.”

In relational pain, we bury the treasure of our precious sensitivity.

There’s a thawing of the heart when we meet good friends or a loving partner.

THE SOUL LEVEL

The Soul level lies at the very back of the heart ... resting up
against the spine.

When we are “ensouled,” we’re sharing our unique gifts ...
our unique being.

We feel that we are doing our life’s work.

THE HEART LEVEL: THE UNBOUNDED SELF

The back of the heart opens to the Unbounded Self.

We know ourselves as universal being ... awake aware Presence.

This level of being goes beyond our ordinary, familiar self.

This is the Great Heart, profoundly silent, timeless, and boundlessly compassionate. Our argument with reality ends here.

There is a deep sense that All Is Well, no matter what.

RESOURCING

Our true nature as Open-Hearted Awareness is our greatest resource.

Our reactive experiences are usually the body's response to thought.

“Invade the reactive area and its thoughts with space.”

Mindfulness is “affectionate attention.” It's centered in the heart area. AKA heart-fulness. This open-hearted awareness is not thinking, evaluating, or bargaining in any way.

THE TRUTH SITS UP

Jean Klein: “Remember your verticality!”

Verticality: the thin, strong thread at the top of your head.

A sense of Sovereignty is grounded in the *hara*, lower belly.

ANTONIO MACHADO

“Last Night as I Was Sleeping”

There is a secret spring in the core of the heart.

It's as if there is a back door in the human heart that opens out to the cosmic heart, the Great Heart.

Only this Great Heart can embrace the collective suffering of humanity. The ego or personality doesn't have the capacity. We can attune to our experience with the spacious intimacy of the Great Heart.

RAMANA MAHARSHI

“You are like a person standing in his living room, asking how to get home.”

Who am I? Where am I? What am I?

The most honest and accurate answer is “I don’t know,” because the ordinary, conceptual mind cannot answer this question.

Jean Klein: “Abide in the heart, not knowing.”

ESSENTIAL VISION

As human beings, we are always both essentially whole ...and relatively wounded.

Realizing we are essentially whole is a *huge relief* from the self-improvement project.

There is an indestructible essence to each of us ... and all beings ... an Immortal Diamond essence

GRACE

How do we unconditionally accept ourselves ... and others? “We” don’t.

The conditioned mind is designed to judge and compare.

Acceptance comes from a shift into Presence, Essence.

“Call off the search.”

“It’s already here.”

Unfolding continues even as the search for the Essential ends.

GLIMPING FROM OPEN- HEARTED AWARENESS

“Learn to return ... train to remain.”

— Loch Kelly

Returning to *Awake Awareness* ... Remaining in
Open-Hearted Awareness

SEEING WITH THE EYES OF THE HEART

“Training is simply short moments of recognition repeated many times and supported by devotion and compassion. Have devotion to enlightened beings and compassion for unenlightened beings. Devotion and compassion are a universal panacea, the single sufficient technique.”

— Tulku Urgyen Rinpoche

COEUR HEART COURAGE

To think of the immense well of hidden potential hidden deep within our being, to understand that the nature of mind is fundamental purity and kindness, and to meditate on its luminosity, will enable you to develop self-confidence and courage.

— The 14th Dalai Lama

DEDICATING THE MERIT OF OUR TIME TOGETHER

Whatever goodness ... whatever benefit ... whatever blessing
... whatever well-being has arisen from our practice, may it
ripple out to us and to all beings ... without privilege ... and
without exception.

May we and all beings know the beauty of our own True
Nature ... and be free.