

Reverse Meditation



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Class Three

Establishing the Meditation Posture

Four Somatic Markers:

Aligning

Grounding

Open-Heartedness

Spaciousness

Body ... Breath ... Mind



Sounds ... Sensations ... Breathing

Outside space ... inside space ... one space
interpenetrating

Conceptual (contractual) Proliferations

“Taking a bow” to your experience of the present
moment

Boycotting the speed of your restless mind

Putting space around the contents (contractions) in
awareness

Non-Referential vs. Referential Meditation

At a certain point the hitching post holds you back

“Non-conceptual stillness is a dead end.” - Daniel P. Brown

Open Awareness ... “habituation to openness” (116)

Mixing your mind with space

Space is the softest and lightest thing in the world. You can't cut it, can't burn it, can't hurt it. It's unburdened and boundless. (119)

Primordial Expansion into Spaciousness

Feels like Love

Feels like God

It's applied emptiness: qualities of openness,
spaciousness, and warmth

Two wings of the dharma: wisdom and compassion

Foreground and Background

Form and Spaciousness

Content and the Space of Open Awareness

All contents are the lively expression of Awareness!

Spacious Awareness is timeless and boundless.

Distraction becomes your meditation!

When you rest a thought on your awareness, it's like a
snowflake falling on a hot rock

The non-stick mind, the God mind, the good mind

Appearances arising *to* awareness, arising *in*
awareness, arising *as* awareness. (144)

Radical Acceptance

Great Equanimity: this moment cannot be other.

Allowing body, breath, mind to be just as they are.

Free of conceptual proliferation: not discriminating *against* things.

Krishnamurti: “I don’t mind what happens.”

Happiness = openness; Unhappiness = contraction

Home base: raw, physical sensation (relaxed, embodied awareness)

Dedication of Merit



Whatever goodness, whatever blessing, whatever benefit, whatever merit, whatever beauty has come from our practice today, may it ripple out to all beings, without exception.