

Reverse Meditation



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Class Six

Reverse Meditation in Daily Life

Kidney stones (177-179)

Prostate cancer (179-180)

Thich Quang Duc (181)

Once Again, the Key

Moving from Deliberate Mindfulness to Effortless
Mindfulness

Effortless Mindfulness is Open Awareness

Like the sky and its breeze ... the ocean and its waves

Fully feeling the contraction ... in fully free Awareness

O.B.E.Y.

Going directly to Step Four: Yoking with Warmth,
Kindness, Compassion

Non-duality: transcending and including

Doing the practice with my hand on my heart (184)

“Don’t try to be spiritual.” (184)

Digesting the Energy



“This is another form of the divine Awareness that manifests as all things.” (185)

Opening to noise (186-187)

Thinking more ... insomnia (188)

Dissolving our Ordinary Sense of Self

Where is the center of the pain ... my “self”?

“On the deepest levels, we don’t ever attain enlightenment; we simply cease to be contracted.”

(195)

Purifying a difficult emotion (197-198)

Dedication of Merit

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