

Resting in the Spaciousness of Mind

Arrange a comfortable position for your body. Become aware of your surroundings, aware of the presence of others gathered here. Be aware that you are supported by everyone here, and you are also a support for others.

Bring your attention to this moment, here and now.

Gradually draw your attention inward and rest your attention in the space in and around your heart.

Breathe through your nose gently, deeply, slowly.

Become aware of the recent past, of what may be living in you and may be holding your attention. Take a few breaths touching these memories with breath and awareness, and with each exhalation, gently release the tendency of mind to dwell in the past.

With each inhalation, connect with the freshness of this present moment. With each exhalation, rest in the openness available in this present moment and rest here in the spaciousness of your heart.

Release the effort of mind to dwell on the past and rest in the freshness of this present moment.

Now become aware of the tendency of mind to plan or anticipate the future. Feel anything that is active in you such as worry or anxiety. Take a few breaths, and as you breathe in touch any experiences of anxiety or worry with breath and awareness, and with each exhalation, gently release any effort of mind to plan, to anticipate, to worry about the future. Imagine this effort dissolving with the breath into the openness and spaciousness within and around your heart.

With each inhalation, begin to connect with the freshness of this present moment. With each exhalation, rest in the openness available in this present moment and rest here in the spaciousness of your heart.

Now notice how you are experiencing yourself in this present moment of your life. Become aware of any fears or challenges you are facing. As you breathe in, touch these challenges with breath. Imagine positive qualities coming into your heart with each inhalation. As you breathe out, each exhalation is an invitation to rest in the openness of your heart, the sacred space of being, the source of positive qualities. As the challenges loosen with breath and awareness and begin to release, trust the spaciousness and openness of this present moment, the source within.

As you are aware of and rest in the spaciousness of your open heart, the healing qualities you need will spontaneously arise. Allow the healing positive qualities you need to move throughout your body, breath, and mind. With each inhalation receive the nourishment you need. With each exhalation, allow the positive healing qualities to touch others in your life who are in need.

Feel the embrace of the mother space to support you to deeply rest, aware and connected, allowing you to loosen and release fears, anger, doubts, and to receive nourishment and healing. Rich with healing qualities, allow these qualities to radiate from your heart with each exhalation. Allow those qualities to radiate from your heart to all others in need.

[Introducing the period of mantra recitation]

Sing the mantra A OM HUNG.

As you sing A, white light radiates from infinite space from the foreheads of all enlightened beings and enters your forehead. This light pervades and purifies your pain body, your identity, and all karmic conditions, injuries, and illnesses related to your body. This light touches every cell of your body unblocking and opening your channels and your chakras. Feel a pervasive sense of stillness, a deep connection to the infinite space, the enlightened source of all positive qualities. Radiate white light from this unbounded sacred space to others, purifying their karmic obscurations and illnesses and bringing healing.

As you sing OM, red light radiates from infinite space from the throats of all enlightened beings and enters your throat, purifying your pain speech—speech that causes harm and injury to yourself and others. Feel a deep connection to the silence. From the awareness of that silence, feel the power and clarity of your true voice emerges. Radiate red light to others to purify and heal their pain speech bringing the healing of divisions, bringing peace.

As you sing HUNG, blue light radiates from infinite space from the hearts of all enlightened beings. It enters your heart and purifies your pain mind—permeating all your fears, emotional wounds, doubts and obscurations. Connect with deep openness in your heart. From the awareness of the openness of your heart emerge the four immeasurable qualities of love, compassion, joy, and equanimity. Receive deep healing and benefit from these spontaneously arising qualities. From the light in your heart radiate these immeasurable qualities to others, healing their wounds and awakening their positive qualities.

A OM HUNG....

[Period of mantra recitation of 5 minutes]

[Introducing the period of silent meditation of 15 minutes]

Rest fully in the silence. The silence is rich with healing qualities. Rest in the unbounded, spacious source within, aware, connected to the fullness of being. Nothing is lacking; you are complete in this moment.

[We continue alternating 5 minutes of mantra, 15 minutes of silence]