

## ~ Pure Awareness: View ~

### Mingyur Rinpoche

For the bardo of meditation, the unique part is what we call “open awareness,” or that our mind is just being as it is. But here, we try to be more direct. There are three points: the body, eyes, and mind. These three together.

For the body, what you need to do is put some strength in your body. For example, if you want to lift a heavy object, then you need to put some energy into your stomach, right? Then you can lift a heavy object. Also, if you want to sing a song, then you need to put energy into your stomach. Then you can sing well, almost like you are singing from your gut.

Similarly, put some energy into your body and then stare with your eyes upward into space. You just keep your eyes open, there is no need to control the blinking of the eyes. Keep it fresh, just stare, like a rabbit staring into the sky.

Regarding the mind: it is like it after you have finished physical exercise. You may **rest** [Mingyur Rinpoche exhales completely]. You rest your mind through your eyes, with space.

Normally, when people meditate, they tend to focus their mind inwards — “I am meditating. Peace. Mmm...”. (Mingyur Rinpoche pretends to be blissful). They are trying to be calm, and there is a sense of holding the meditation experience, and a sense of tasting the flavor of meditation. There is some kind of trying to protect the experience or the state — “peace, come.” But here, let go of this, let go of the experience. Just stare into space. There is a sense of there being no in and out. Your mind and space are kind of one.

So, first, focus through your eyes, not inward, almost outward, and feel the space. At the same time, your mind just rests. just be but without getting lost. There is nothing to meditate on. (Mingyur Rinpoche demonstrates staring upwards into space). Of course, you

will forget, right? Then, you just come back, again.