

Mahamudra Meditations for Six Session Guru Yoga retreat
Land of Joy
November 2023

His Holiness the 14th Dalai Lama: The mind is formless, clear and knowing. (empty, luminous and aware)

" When different states of mind arise and we apprehend various objects, those states of mind arise in the aspect of that image of that objects. Because of this, the mind becomes obscured by the images of objects. So if we prevent the mind from arising in the aspect of those objects, slowly and gradually we will be able to keep the mind at a distance from those objects. Then the mind will not easily arise in the image of those objects. Then we will be able to see the clear nature of the mind."

Saraha, The Great Mahasiddha from Ancient India, taught these metaphors that reveal the qualities we adopt when experiencing the mind:

the sun unobscured by clouds

the flight of the garuda bird

the child staring at mural walls

the stillness of the ocean (without waves)

the bird who leaves no trace as it flies

the best cotton thread

Tilopa to Naropa, from the famous Ganges Mahamudra:

Don't reflect on past

Don't think about the present

Don't anticipate the future (hopes and fears)

Don't meditate -- don't create a concept on which to focus

Don't analyze -- this is good, this bad, worse, or this is it!

Just rest naturally. Mind as it is, don't do anything.

Gelug Mahamudra

settle the body

settle the breath

settle the mind

look for the object to be refuted, the "I" or self that appears to exist from its own side. Then analyze:

1. If it truly exists, it has to be either one with mind/body or separate with mind/body (of five aggregates).
 2. Is it one with mind/body? Look for that.
 3. Is it separate from mind/body? Look for that.
 4. When you can't find it, settle in the not-finding, not thinking it is this or that.. just experience the spaciousness after the analysis with no more analysis. Just sit with the "empty" .
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Then, the mind that experiences that lack of "I", where is that? Does it have color, shape? Is it anything that can be pointed to as "this" or "that"?

Is the experience of not finding the "I" the same as not finding the investigator? If the experienter is aware of its empty nature, what is there?

The mind is aware, clear (in that objects arise in that clarity) and empty. It cannot be found, yet it can be experienced. Empty like space... clear like a mirror, it can reflect. What it reflects is as real as the moon reflected in the still water...and that reflecting capacity, what is it? Does it have shape, color, space or time?

We learn to open the mind to its pure awareness state, the "mirror" in which objects, thoughts, feelings arise. Our wish is to experience the state of being the mirror, which itself is empty, the mind that allows experience to dawn... without a truly existing beginning, middle or end.

That experience of empty, clarity, awareness IS the deity (divine dignity)... its radiance is the appearance of the deity, that light body that has no inherent existence, yet it reflects and what does it reflect? Pure wisdom and pure love.