

Let It Be: Basic Mindfulness Meditation

Enjoy the space between your thoughts.

1. Happiness and Unhappiness Arise From Your *Present* Mind State! So *train* your mind in peace, free of fear, anger, greed and pride.

Begin by sitting in a chair, your back straight, hands in your lap, legs uncrossed, feet flat on the floor. Or sit on a cushion, legs crossed. *Now, feel your good will intention to benefit all beings. Experience deep thanks for the great gift of your life, just as it is now. Accept yourself as you are.* Lower your gaze so that your neck is straight. Relax your eyes, tongue, jaw, neck, gut. Feel the breath in your belly. Close your eyes, raise your eyebrows. This will produce alpha brain rhythm, the peace response, replacing stressful “fight or flight” beta rhythm. Feel a subtle focused fullness in the forebrain.

Now experience the crown of your head opening. Allow light-life energy to inter from above, pervade the boundless whole of your bodymind—body, mind and spirit.

Now, gather the "wild horse of the mind" by placement of attention on your breath. Be present to your breath as it arises in your belly. Begin your "alpha belly breath": 5 seconds in; 7 seconds out thru pursed lips (12 seconds). Do it 3 to 9 times (36 to 108 seconds).

Each breath feel your mind settle into its natural state of wakefulness; bright, basic love-wisdom space of mind; peace; your safe place, beyond concepts and beliefs, free of fear, anger, greed, pride; utterly free of self. Stillness. Peace. No need to think about it. Just feel it.

Thoughts, questions, feelings naturally arise. Briefly greet them. Whether it's thinking, planning, fantasy, worry, anger—label whatever arises "distraction". Then surrender it all on the out-breath. Return to the breath, again and again. After 3 to 9 breaths open your eyes slightly and continue if you wish. Refrain from breath control contrivances. As you settle into this selfless Presence that you are your breath will naturally be slow and short. Notice a peaceful feeling of bliss and connectedness to everything. Don't fabricate it; or grasp at it. It's already present. *Who Am I? That I Am!*

2. In Breath. Open to receive luminous purifying “life-force energy”, sustainer of all life. In the East this energy is *prana* or *ch'i* (spirit/breath). For the West it is *pneuma*/Holy Spirit, the very "breath of life", "bio energy", the subtle face/voice of gross physical light/energy/form ($E=mc^2$) arising from formless, trans-conceptual, spacious unbounded whole; vast primordial awareness-consciousness ground itself in whom this all arises. Inhale and receive *prana*-life-energy into every space of your body-mind.

3. Out Breath. Release thoughts, feelings, past, future, all ego-self clinging. Feel your stability deep in our Mother Earth. Whatever arises—happy or not—release it on the out breath. Surrender it all. *Let It Be* in this peaceful space between your thoughts.

Absent thoughts you are now selfless, natural clear-light Wisdom Mind in all its natural peace, clarity and bliss. Let it be. From this natural state the kind, compassionate *activity* of love spontaneously arises in your mind-stream—the very secret and primary cause of human happiness. The change you desire rides the breath. Remain close to the breath. Here and now rest your weary mind in this natural, blissful peace upon the breath.

4. Presence. *Feel* your indwelling open *Presence* of this vast unbounded whole in whom you and everything else arises. That *you* are! That Wisdom Mind Presence may be *directly* experienced, prior to thinking, as luminous white *clear-light energy essence*. Feel this energy at the crown of your head, then open to receive. Feel it pervade your entire body-mind. Let the energy flow downward throughout your head, throat, chest, and *hara* center in the belly; then deep into Mother Earth—your stability in earth.

Now let life-force *prana* energy penetrate any discomfort—that self-contraction from your natural life-energy flow: physical tension and pain, grief, doubt, guilt, judgment, fear/anxiety, anger/hostility. *Be* for a moment with whatever arises. Then surrender it all on the out-breath. *Know* now you are free of it. Let this light penetrate and pervade your entire bodymind: brain and nervous systems, heart, organs, cells, the very atomic structure of your physical/emotional/spiritual being.

With each breath let the healing *prana* life energy fill and overflow into your subtle energy field, this light of you that embraces and pervades your bodymind. *Awaken* to this "basic goodness" that you are, prior to the skeptical "web of belief". Don't *believe* this. Open and *feel* it. Now egoic mind is tamed, at peace. Rest fearlessly in *That*.

5. Wisdom Mind. In this bright space upon the breath abides natural wakefulness—your primordial *Wisdom Mind Presence*. Feel *That*, beyond ego grasping—no past nor future; no attraction nor aversion; no true nor false; no judgment at all. *Be that space*. No need to think, or try, or do anything. Know that your clear-light mind is already awake, flexible, skillful, kind, wise. *So let it be as it is; calm and clear*. Wisdom knows such practice as the *Path to liberation* from ignorance (*avidya*, sin), root cause of human suffering. This is Happiness Itself, the happiness that cannot be lost.

So, happiness is a skill set! No belief, no leap of faith, no authority but your own is required. Simply settle your mind, open your heart, and be fully present to your breath. No time means low priority. Breathe: 5 seconds in, 7 out, 3 times = 36 seconds of bliss.

6. Refuge. Now you know this precious space of your Wisdom Mind. Take refuge in it often. Breath by breath purify, pacify, stabilize, beautify your mind; a most courageous act; your

most urgent activity. Make mindful breathing a priority; "*brief moments; many times*". In due course it becomes a conscious continuity of awareness. Who am I? This *Presence* of that vast whole, "*Tat Tvam Asi; That I Am*", without a single exception. You are not separate from That! Feel *That*, breath by breath. That is the View. That is the Teaching. That is the practice. It's like coming home.

7. Post-Practice Dedication. By this good generated by each little practice make the aspiration for the benefit of all beings: "*May I and all beings be free of suffering, and the causes of suffering. May I and all beings have happiness, and the causes of happiness*". This powerful mantra prayer is as well, your *compassion meditation* when practiced for five minutes, or more. "Come and see" what it does for your present heartmind state.

Is not your happiness inherently linked to the happiness of others? We're all in this together. So now arise, and do some good. This will make you happy. Let it be so.

About Your Practice. Practice 10 minutes upon rising, 5 on retiring, and several "36 seconds of bliss" alpha breaths during the day. Peace is always here, between your thoughts, each breath. Take refuge in this *Presence* that you actually are each conscious breath. Feel it at your heart before sleep. Let it be all night long; now again immediately upon rising. Be present while eating, walking, even while working. No time? *Take three conscious Alpha Breaths now! Belly breaths. Five seconds in; seven seconds out. Purse your lips on the out-breath.* Anxious or angry? Breathe now! Your goal is *not* peace and happiness in some future mindstate. *Make your goal your practice right now—each mindful breath!*

The Five Benefits of Mindfulness

- 1) Bodymind relaxation experienced as profound inner peace.
- 2) Non-conceptuality: beyond objective thinking, concept and belief.
- 3) Mental and perceptual acuity, clarity, luminosity, vividness, wakefulness.
- 4) Deep appreciation and acceptance of your life, and yourself, just as you are.
- 5) Wisdom Mind: Happiness Itself: bliss manifest as kind, compassionate action.

The Power of Voice. Use the ancient mantra prayer *OM AH HUM*, a touchstone, during practice—it's all practice—day and night to re-enter your *awakened state*. Keep it going in your cognitive foreground, or background more or less always. To free your mind entirely, recite 108 mantras while sitting or walking. Get a 108 bead mala.

Sleep trouble? *OM AH HUM* on your back until you fall asleep. Rest in this light of innermost peace, all night long. Now you know the antidote to anxiety. So, "Rest your weary

mind and let it be as it is" (Buddha). "That which you seek is already present" (Jesus). In the mind filled with light of mantra there is no space for negativity.

The three *OM AH HUM* dimensions are one, a prior and present unity: *OM* on the in breath is formless primordial ground, boundless wisdom whole. Wisdom Mind is always present Presence of That. *AH* is top of the in breath, clear-light bridge into form. *HUM* on the out breath is light-form gift, $E = mc^2$ arising as *prana* life-force energy; then spontaneously expressing itself as kind *bodhicitta*—thought, intention and action to benefit all beings. This great primordial mantra prayer is the body, speech/voice and mind stream of all of earth's wisdom masters. It purifies negative thought, intention and action—karma. *The benefit of mindful breathing is immeasurable.* Thus it is. So let it be.