

## **Mahamudra Resting Meditation of a Kusulu – Guided Meditation**

We set the motivation based on this revulsion, cultivate or come to terms with this samsara, samsaric administration. Then we choose freedom, the path to freedom. “Revulsion is the foot of meditation” and “devotion is the head of meditation”. Just have a sense of faith, devotion, confidence, confidence in your true nature, ability to realize, recognize Ordinary Mind, that is who you are already.

And now “keep your body straight”. Assume your posture from the inside out. The body is the source of awakening. Without the body, nothing is going to happen. “Refrain from speaking” or talking. See if you can allow the mental chattering to dissipate into the blue sky, the nature of the sky, as Milarepa said. “Open your mouth slightly”. Relax the jaw, all the muscles, and “let the breath flow naturally.”

I add Machik’s instructions, “Let the four limbs relax”. Let everything be. “Don’t pursue the past, and don’t invite the future. Simply rest naturally in the naked, ordinary mind of the immediate present without trying to correct it or replace it.”

If you rest like that, what happens?

“If you rest like that, your mind-essence is clear and expansive, vivid and naked, without any concerns about thought or recollection, joy or pain. That is awareness,” rigpa. Rest in that.

This clear, luminous aspect of the mind, knowing aspect of mind, can know and understand, unceasing radiations of the mind. Then expansive, which means here very vast. This clarity, radiation, nature of mind is very vast, infinite expansion, sees and knows many things. And vivid here means it is as if we are actually seeing directly. Look at the mind, nature of the mind directly, no intermediate thing, vivid. It is right there. We are really seeing it. There is no doubt whether or not this is it. It is just right there and it is naked, bare, no adornment. We are not thinking about it with logic or seeing it from far away. It is right here. There is no veil or anything covering it at all. This is where we rest in this nature of mind, rest directly in emptiness, clear, luminous, nature of mind.

The Hevajra Tantra, Mother Tantra said, “In this there's nothing to remove nor anything at all to add. By viewing rightness, rightly and by seeing rightly, liberation”. When Marpa met the guru, Naropa and developed an experience within himself and he said, this is Marpa’s experience, “For instance when the mute eats sugarcane, it is an inexpressible experience.”

Indescribable, inexpressible, beyond mental fabrication, the nature of mind, like the sky, self-awareness, to you, Prajnaparamita, I bow down. Something like that, praise to Prajnaparamita, rest in that, that inexpressible bliss, emptiness, inseparability. That is who you are. Rest in that. Get used to it, accustomed to it. Be one with it. Then rest as that. Then everything, whatever you do, everything arises from there, unfolds from there. Then no failing, that’s the most effective way to help all sentient beings of suffering.

Again, before we conclude this session, bring your intention by tending a garden, the garden of your heart. Perhaps breathe into your heart center, if you like, and connect to that experience, the fragrance of that nature of your mind that you just meditated on, emptiness which holds

the mystery of infinite possibilities. Indwelling heart qualities unveiled because nothing's blocking you from expressing that heart, love, compassion, acceptance, forgiveness, tenderness, sweetness and wisdom, courage, resilience, whatever it may be.

See if you can dedicate today's practice, today's practice of excavations. See if you can dedicate that goodness coming from your effort to the happiness of all beings. If you like to have a visualization, I like to feel all the good qualities, heart qualities, being human, as light nectar, feel in your body from the inside. Then allow that nectar light to go out through every pore of your skin, emitting, going out, manifesting, all the way, all the ten directions, going out to this suffering world, eliminating one by one, the pain, struggle of sentient beings who are so kind and suffering.

And now I want you to gather that nectar light back to your body, back to your central channel and back to your heart center. And slowly dissolve back to dharmakaya and rest in the nature of mind, again, or just things as it is, like you are kusulu. Relax, steep in this direct experience so that your body, the entirety of your being can remember this and get used to it more and more.