

Meditation 13

Alternating Contemplation with Rest

Use the method of alternating between contemplation and resting the mind to reflect on what we've covered so far. For example, you might begin by reflecting on the consequences of your past choices and their outcomes. Think about the short-term outcomes when your actions of body, speech, and mind arose from toxic emotions. Then, rest the mind. Next, think about the long-term consequences of those actions, and rest the mind. Think about the short-term outcomes when you acted from love and compassion, and then rest the mind. Reflect on the long-term outcomes of those same actions, and then rest the mind.

Always begin with pure motivation, and end with dedication of merit. You can use this alternating method to contemplate each of the subjects we'll be covering going forward to reflect, examine, and blend your mind with the meditation itself.