

Meditation 18

The Rate of Change

In this meditation, instead of using your conceptual mind to think about impermanence, simply pay attention and be open, through all your senses, to the rate and process of change taking place in every moment around you.

If you find yourself lost in thoughts or emotions related to the past or future, remind yourself that those thoughts themselves are examples of impermanence. You were aware of changes taking place within and around you, and then you lost that awareness. You reestablished it by bringing yourself back to the present moment.

Continue to observe directly that whatever happens doesn't last long—each and every moment is fleeting and can't be grasped. Repeat this meditation as often as possible and in different settings throughout the day.