

SUNLIGHT ON SHADOWS: Embracing Great Compassion

Meditation 20

Alternating the Investigation of Emotions with Rest

When your mind is filled with constant, self-perpetuated thought and emotion, examine your current emotional experience and ask yourself:

Am I angry and trying to find ways to justify my anger? Explore, then let the mind rest.

Am I scared of something, trying to create protection and figure out how to be free of suffering in the future? Examine, and then rest the mind.

Am I attached to an object of desire and trying to figure out how to get it and hold on to it? Investigate, then rest.

Alternate exploring your emotional state and then letting go of the effort to understand, and let the mind rest.