

Meditation 45

*Meditating with Metaphor for Illusion*

As you watch a movie, without analyzing or thinking about the appearances in each scene arising through light on film, simply let your mind settle on the images themselves, without story. Then let go of the effort to settle on luminous images, and let the mind rest.

Let your mind settle on a rainbow in the natural world or light refracted through a crystal. Simply let your mind be with the rainbow appearance without looking away or analyzing the conditions producing the appearance or separating your process of inquiry from the appearance itself. Then let the mind rest.

When you awaken from a dream that's still lingering in your mind, let your attention settle on the appearances without making sense of them or following their story. Simply let your awareness blend with the dreamscape, then let the mind rest.