

**Meditation 48**

*Finding Rest Within the Three Spheres*

Keep examining, self, other, and what happens between self and other. Then alternate your examination with resting the mind.

Examine, probe, and try to find the thing that's motivating everything you do. Let go of the process of trying to find, and let it sink in, let it steep.

When the mind becomes busy again, use that busyness to go back to a practice that's designed to transform the busyness. Go back to contemplating: What's this thing I'm trying to find? Who is the me that's trying to find it? How did I let my mind get so busy?

There must be "me," because I have hope and fear. That's why my mind has become busy. So, where's the me? Where's the source of the complications?

Whatever arises, examine that, and then, in the course of examining it, let it go. Alternate back and forth between examining and resting the mind.