

Befriending the emotion

Guided meditation –

We understand that true nature of who we are is an open, and balanced awareness that is clear and vivid, while at the same time infused with warmth.

We see that the anxious, grasping ‘afflicted mind’ is just a natural display of this awareness.

We’ve lost our connection with this awareness and have become fully identified with its expression, with ‘Monkey Mind’.

Rather than being controlled by this monkey, or fighting with it, we’re going to befriend it. We’re going to bring our attention, our awareness to it, with balance and warmth.

Now, whatever arises in mind, a thought, or emotion, simply allow it to unfold within the open space of awareness, without judgment, and without trying to change anything at all.

Whatever monkey says, or feels, don’t pull away, don’t push it away, simply stay with the experience.

If we get carried away by the feeling, or the story, just acknowledge that and come back.

Come back again and again.

Transforming the emotion

Guided meditation –

Remember that thoughts and emotions are a natural expression of awareness.

Whatever we do with our bodies, whatever we say, and whatever we think, isn’t it a response to wanting to experience happiness, or be free from distress?

Isn’t wanting to be happy, a natural expression of our loving-kindness towards ourselves?

Isn’t our wanting to be free from suffering a natural expression of our compassion for ourselves?

Isn’t knowing that we’re agitated and not at ease, an expression of our natural wisdom?

While wanting to be happy and at ease, don’t we make mistake after mistake and end up yet unhappier and more anxious?

How sad is that, how touching, how true?

If this is true for me, isn't it true for others?

Are we all just the same in wanting to be happy, yet going about it in all the wrong ways?

Now bring an emotion, or difficult situation to mind.

Sense that the emotion, or your response to the situation, is an expression of your wanting to be happy, and at ease.

Take some time with this.

Sense how the others in the story, or the situation that you've brought to mind, have done what they've done because they also want to be happy and at ease.

Feel this to be the case.

By understanding in this way, this very emotion, this very situation has become a seed of love and compassion.

How wonderful?

May everyone experience the love and compassion that is at the heart of all experience.

How wonderful that would be.

Seeing The True Nature Of The Emotions

Guided meditation –

We see that whatever arises in mind is like a rainbow in the sky, while vivid and enticing, it's simply the coming together of our various feelings and images and thoughts.

We know that, however real and convincing our emotions are, they're constantly shifting, changing, fleeting. As soon as we try to hold onto to a thought, or emotion, it slips through our grasp.

Each of the emotions, however solid they seem, are made up of parts – bodily sensations, images, and story lines. Allow an emotion to arise, see if you can distinguish these parts.

Now allow a thought, or emotion to arise. Observe how the feelings, the images and story lines shift, break apart, and reform.

Now rest for a moment. Again allow an emotion to arise. This could be a present emotion, or you could recall one from the past.

Again allow it to arise vividly in mind. Look directly into the emotion itself, let go and relax.

So simple - so immediate.

Again, allow an emotion to arise. Feel it vividly.

Again, look directly into the emotion itself, let go and relax.

What's left? Awareness, timeless awareness itself.

“When you meditate, whatever thought arises, look directly at it, let go and relax. Since that meditation is so simple, we lack confidence in it. It seems too easy to work. We have to be free of the flaw of thinking that, if something is simple and easy, it cannot be effective.

First we have to know how our prajna should look at the essential nature of thoughts. The second step is to let go and relax.

Khenpo Tsultrim Gyamtso Rinpoche