

# Clearing Obstacles

## MEDITATION OUTLINE

### I. Visualize an Enlightened Being of Your Choosing

1. They should have qualities that you aspire to such as peace, love, and wisdom.
  2. Make their presence in front of you as real as possible.
- 

### II. Think on Their Good Qualities

1. Not seeking happiness in fleeting things.
  2. Radiating love and compassion for all beings.
  3. Imbued with deep wisdom that understands conventional and ultimate reality.
- 

### III. Wish to Develop These Qualities in Your Own Mind

---

### IV. Investigate

1. Looking at your enlightened being, ask the question, “What do I have to give up to become more like you?”
  2. Just listen. Be honest and courageous.
  3. Ask again, “What do I have to give up and what do I have to take up?”
- 

### V. Give Obstacles Away

1. Put your obstacles in a box.
  2. Give them to your enlightened being for destruction and let go.
- 

### IV. Rejoice

1. Rejoice in letting go of obstacles.
  2. Rejoice in your goodness to create an image of an enlightened being who can help you.
-

## **V. Final Fixed Meditation**

1. Bring your image of an enlightened being above your head like a crown.
  2. Have them shrink down to the size of a sparrow's egg.
  3. Then descend down to your heart, radiating golden light.
  4. Deepen your experience of what it is like to be someone who:
    - a. Doesn't chase after fleeting things.
    - b. Feels love for everyone.
    - c. Has deep wisdom about the nature of reality.
- 

## **VIII. Dedication**

1. Dedicate the goodness of what you have done with this meditation to becoming an enlightened being like this who can help everyone.