

Entering Wisdom

MEDITATION OUTLINE

Preliminary: Visualize an Enlightened Being of Your Choosing

1. Ask for help to catch how your mind works.
-

I. Denying Unchanging Things

1. Notice, does how you hold the image change or is it unchanging?
 2. On some days, has it been easier, clearer, or brighter?
 3. Do you have different stories that arise now when you try to think of an enlightened being's good qualities?
 4. See that there hasn't been one identical, unchanging image in your mind, but a series of moment to moment, changing images.
-

II. Denying Control in Present Moment

1. Can you control how well the meditation is going in the present moment?
 2. Recognize how well you hold your meditation object is coming in the present from past conditioning.
 3. Recognize you're planting a new stream of cause and effect to become an even better meditator in the future.
-

III. Denying Separation Between Object and Subject

1. Can you establish the existence of this image without thinking about it?
 2. What's there before you try to think about it?
 3. See how the image depends on your mind.
-

IV. Fixed Meditation

1. Create your image of an enlightened being again, this time imbuing it with wisdom.
 2. Send the wisdom out to all beings.
 3. See how the image depends on your mind.
-

V. Dedication

1. Dedicate your good deeds and all your efforts in meditating to staying in wisdom.