

Mindfulness & Recollection: Clearing Mental Afflictions by Recalling an Enlightened Being's Good Qualities

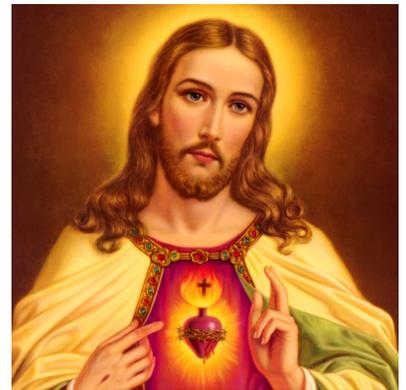
MEDITATION OUTLINE

Call to mind a mental affliction

- Who or what has bothered you today or in the past few days? Get the emotions stirring and see how it consumes your mind.
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Call to mind your image of an enlightened being

- Visualize the Buddha, Jesus, or your idea of an enlightened being sitting in front of you, and think about the qualities of their enlightened mind. How an enlightened being sees the world.
 - How they know that mental afflictions are the only real enemy.
 - How they see that everyone can be separated from their mental afflictions. They would never give up on anyone.
 - How they wish everyone has happiness and the causes of happiness.
 - How they have love for all beings equally. Complete equanimity.
 - How they see the innate purity within everyone and know they will eventually become enlightened.
 - And any other good quality about their love and wisdom that you want.
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Observe the two states of mind and take wise action

- Notice there's now peace in your heart as you think about these virtuous qualities. Notice how you can only hold one thing in your mind at a time. Love and wisdom block mental afflictions.
- Now try to go back to your mental affliction. See how recollection of good qualities has already softened your affliction.
- See the mental affliction as the only real enemy, blocking you from experiencing peace, and decide to let the mental affliction go. Don't feed it any more energy.
- Bring your mind back to thinking on enlightened qualities. How this being has perfect love and perfect peace in their heart, no matter what's appearing.
- Dedicate your efforts to mastering this technique of mindfulness & recollection.