

Various Meditative observations.

Being with the space, the silence in the mind. With the radiating deepness of blue, being with that that has no words to describe it. Limiting to words is unrealistic when that which is unlimited is glimpsed.

Forgiveness is like a shorn sheep, which had heavy wool, full of burrs and accumulations. Then in a thrice it is gone as a heavy mind of guilt which is suddenly set free.

Shadows, leaves, moving beneath a tree are like reflections. Real even if we can't see the green leaves. When it blows dead leaves down from the trees, so it is possible to see that bad actions can also be blown away. The wind reminds us to let them go. Stand in the wind with no unnecessary baggage.

In the moving world of nature, there is a peace, there is harmony, because harmony needs little effort. The wind blows, the nettles bob, the shadows flutter all without effort, from the trees and plants.

Learn from nature. Fix the heart/soul in that place which flows without effort, free of clinging, the in-between place.

Bending and reaching with a full bowl of porridge, concentration is focussed on the hand, keeping the bowl level. Just so such attention needs to be on the present thought and action and wait.

Organising an unfamiliar kitchen
you need to open the drawers and cupboards
to find where things are and what is useful – worth keeping.

Likewise in meditation
you need to throw out things that are not of help.

The Well

Imagine a well full of boulders. It would contain less water than a clean well. It would also be difficult to obtain any reasonable amount of water. When the well is cleaned out then it is easy to get buckets of clean water, so the mind when it is cluttered it is difficult for the heart/mind to be quiet. It is always busy with plans and reproaches. But when all the rubbish is cleared out, the mind can have peace and clear insight.

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