Big Sky Meditation

Carol Wilson · Notable Dhamma Teachers — Carol Wilson · 43:35

Let yourself sit in a way that is comfortable. Just relax into being present, same as always. It is helpful if your eyes are gently closed.

In a very easy way, imagine the mind—or awareness, consciousness, whatever word you want to use—as vast as the night sky. Just sitting here, really wide and open. Notice any sounds, any hearing that arises and passes. There is no need to go towards it or make anything of it. Just sounds arising and passing in the wide open space of the mind.

Sound, silence—it is pretty quiet here. But just relax. Wide open space. Hearing just comes and goes, like stars in the sky. No trying to hear. Just imagining the vast night sky of mind. Sounds appear and disappear in the vast sky of mind.

The mind is vast, wide open, no boundaries. Sounds arise and vanish by themselves in this wide open space. There is no inside, no outside. Just sounds, hearing arising and vanishing.

Physical sensations arise and pass by themselves, like points of light shooting into the vast night sky of mind. Points of light arising, passing. Sounds come and go. The mind is vast, limitless. No borders or boundaries. Sounds come and go. Sensations like points of light. They arise and pass, but the mind contains them without being made up of them.

There are no arms, no legs, no front or back, no head. Simply sensations, points of sensation, points of light, arising by themselves, passing in the wide open sky-like nature of mind.

Sounds come and go. Sensations flash into the sky like points of light. The nature of mind has no boundaries, no center. Sensations and sounds flashing into existence and passing away again in the wide open space of mind.

Thoughts flash through like shooting stars. The wide open mind contains these things, recognizes them, but is not affected by them. It contains all experience but is not made up of that experience.

The mind is vast, wide open. It is, but it has no self-existence, no limits, no boundaries. In this wide open space, sounds come and go. Sensations like points of feeling arise and pass with no particular location, just flashing into awareness and dissipating again. Thoughts come and go like stars moving across the sky. Experience is known by the mind quite spontaneously.

Moods, emotions, feelings come together like clouds drifting across the sky and come apart again, all

arising in this vastness of mind, recognized. The mind knows all things but is untouched by them.

This wide open sky-like mind. Sensations come and go like points of light. Sounds spontaneously arise, vanish. Thoughts like shooting stars through the wide open emptiness of the mind. Moods and emotions move like clouds. There is no center, no boundary. No head, no body. No near or far. Just sensations, sounds, moods, thoughts arising spontaneously, known spontaneously, vanishing spontaneously.

There is nothing to do, nothing to change or fix, and no one to do anything anyway. Simple things arising and passing in the wide open space of mind.

May the beneficial energies of our practice be shared with all beings everywhere, in all realms. May it be a cause, a condition for their awakening from suffering and confusion. May all beings live in peace and with compassion.

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