Morning Instructions: Natural State

Guy Armstrong · Notable Dhamma Teachers — Guy Armstrong · 41:50

We have almost exhausted the words of instructions. This morning is going to be very sparse on instructions. In coming days we still have a couple of different meditations we'll want to open to, but for today it's going to turn the corner from explanation to simplicity. You'll find that once you learn to understand and recognize this empty awareness, it doesn't take much. Just see it and rest. This morning, we're going to be emphasizing the simplicity of that.

I want to begin by rereading something that Sally read last night in this quote from Ajahn Chah about this mind: "In truth, there is nothing really wrong with it. It is intrinsically pure. Within itself, it's already peaceful. Our practice is simply to see the original mind."

Another word that's sometimes used for this original mind is the natural state. When the mind isn't stirred up with greed, aversion, confusion, it settles down and relaxes into its natural state, our natural state, which is this empty awareness. We've put a lot of words into the understanding of what this state is, but now that you can find it experientially, you can just go there and rest. Incline toward it, recognize it and rest.

The one thing I'll suggest that you notice today, some in the formal sitting, some throughout the day, is that when you're able to rest in this natural state, grasping is not taking place. And when grasping is taking place, you won't be able to rest and relax in this natural state. The meditation becomes one of moving between the openness of the natural state and the fixation of grasping. That's what I would encourage you to notice today.

Is the mind in a state of openness and freedom? Or is it in a state of clinging, selfing, and grasping? These are always our two options. See which form the mind is in as we go throughout the day. Again, you don't need to investigate a lot when you're resting. It's better to keep free from even investigation in the time of resting. But you'll notice when grasping comes in again, the contrast. Just reflect on it from time to time through the day today.

The instruction for this morning: Rest in the essence of meditation, the natural freedom without fixation.

In your meditations today, try and get a sense for the naturalness of this state of meditation. When it's not being stirred up with our thoughts and grasping, it settles into itself—peace, calm, empty, aware. It's not that we have to go out and construct this empty awareness and the peace; it's already there. We just have to stop messing.

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