

# Calm-Abiding Meditation

by Dan Dempster CA, under the guidance and authorization of Khenpo Migmar Tseten

## Body – 7 positions of Vairocana

1. **Legs crossed** – sit facing towards the East (real or imagined), cross-legged on a cushion, so that your hips are higher than your knees. Sitting in a chair, place your feet flat on the ground or ankles crossed. The important point is establishing a stable base for your back.
2. **Take your seat** – roll left and right to establish centre line, bring buttocks together, pull up inside (Kegel), then relax.
3. **Lower back** – tuck in the lower back, lifting yourself up slightly. Relax the abdomen.
4. **Hands and arms** – place hands right on the left in your lap, tips of thumbs touching. Arms hang naturally, shoulders level, neither forced back, nor hunched forward.
5. **Chin** – pull the chin in towards throat, then relax it slightly, to align the upper spine.
6. **Tongue** – lay the tongue against the roof of the mouth, tip behind the upper teeth.
7. **Eyes** – direct the gaze past the tip of the nose, resting on a point on the table or floor in front of you. Your eyes should be focused, unblinking and relaxed.

## Breath

Using your your belly, breathe slowly, deeply and naturally through your nose. Start counting cycles of breath from 1-10 on the out breath. Whenever your mind wanders off and you loose count, gently bring the mind back and begin again from 1. Repeat 1-10 breaths for 5 minutes. When you can reach 10 breaths without distraction, try counting to 21. Eventually you will be able to let go of counting altogether, while maintaining the same focused awareness.

## Mind

Your thoughts are like clouds passing across the sky, arising and dissolving without affecting your mind in the slightest. Don't get caught up in them, and don't try to stamp them out. Just let thoughts come and go while resting in the natural spaciousness of the mind. Eventually your mind will calm, and your thoughts will slow to the point that you may glimpse a gap. Rest the mind *there*, in the space between thoughts.

## Remedies

Use only until you feel balanced, then resume your normal meditation.

Lethargy – straighten up, raise your head, imagine bright light at forehead, breathe light.

Agitation – relax, slump slightly, breath in blue light from deep underground and back.

## Progress

Initially your mind is like a waterfall of thoughts. Over time and practice the mind calms, becoming more stable, like an ocean with waves, then finally like an ocean without waves.

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