



Mindfulness of the Mind

THE WATCHING OF MIND BY MIND

OBSERVING THE KNOWING MIND

BEING AWARE OF YOUR AWARENESS

Start with mindfulness of the breath. Then let go the breath.

Don't go to objects - let objects come to you. If any objects come into awareness of the mind, observe the mind, not the objects.

Then observe what the mind knows next. The next moment might be a knowing of pain, followed by a moment of knowing a sound, followed by a moment of knowing a thought and so on.

Follow that trail of knowing from moment to moment. The mind that observes the knowing mind is the observing mind.



Attitude of the Mind

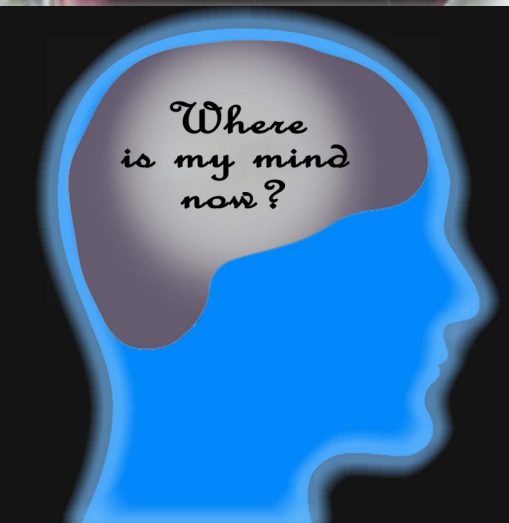
What attitude are you practising with? Right or wrong attitude? The watching mind must be free from all expectations, judgement, preference and bias. Keep the mind in the middle. Watch different mental states in a dispassionate way without getting involved. Let everything come and go without reacting to it.

Objects of your observation

Your knowing mind is the object of your observation as well as any emotion that arises. For example, while watching pain, be aware of the mind that is watching the pain, not the pain. Check the reaction of the mind towards the pain. Observe that reaction.

Walking meditation

First, be aware of the movement of the legs. Gradually observe the mind that is aware of walking. If thoughts or sense impressions arise, standing still, be aware of them. When they subside, continue walking.



*The key to this practice is to continuously ask yourself:
"Where is my mind now?"*