

Shiné Meditation Instructions (using Fixation w/an object & Relaxing with 'A')

- Set up object to focus on: "A-stick"; or small object (size of thumb pad)
 - on floor/table in front of you, 1-2 armlengths away, @ waist to chest height
- This practice uses the 3 aspects of our being: physical **Body**, **Voice**/Energy/Breath, & **Mind**/thoughts & how we conceptualize everything

1. Body: ("7 aspects if Vairocana")

- *first, stretch (& 9 Purification Breathings) to relax
- "*Take a comfortable seat*" - Posture that's both upright/controlled & relaxed
- ***Feel** the physical sensations of each of these (become grounded in body):
 1. Seated, on cushion or straight-backed chair – feet on floor
 - Floor: legs loosely crossed; Chair: feet on floor
 - Thighs level w/floor (knees not higher)
 2. Hands on thighs, palms down
 3. Back straight
 - As if suspended from top of head, rather than holding yourself up stiffly)
 4. Chin tucked in
 5. Shoulders relaxed, chest open
 6. Face relaxed (forehead, jaw not holding tension)
 - Mouth slightly open; lips slightly parted; teeth not touching; tip of tongue on roof of mouth; some air passes through mouth
 7. **Eyes open** (in Dzogchen we don't close off vision or any sense perceptions)
 - Eye gaze slightly down, resting on object; (okay to blink)
 - Direct eye gaze on object so mind's attention is directed where you're looking
 - (we stabilize our gaze in order to calm the mind)

2. Voice:

- Feel sensations of *movement* in body, noticing breath
 - Belly/chest moving in & out? Heartbeat? (Other?)
- These are the Voice/Speech/Energy aspect, that which makes us alive

3. Mind:

- Works w/fixation/focus & relaxation
- Start w/sharp fixation, focusing all your attention on object (to block thoughts)
 - then, slowly, relax; may sound 'A', which helps you relax
- When aware you're distracted ("conditioned by thoughts"), again sharpen fixation
 - then relax again, sounding A (may sound A internally)
 - (When thought arises, *observe* them, don't try to get rid of them)
- Repeat this process again & again

4. Overall:

- Keep some awareness on each aspect - Body, Voice & Mind (not just mind)
- Don't judge thoughts or meditation (as good or bad, etc.)
- Goal: "nonthought", where thoughts arise w/o distracting you