

Shambhala Office of Practice and Education

Instructions for Contemplative Meditation

1. Calm the mind by resting on the breathing.
2. When you feel ready, bring up a certain thought of intention in the form of words.
3. Use these words as the object of meditation, continually returning to them as distractions arise.
4. In order to help rouse the heartfelt experience of their meaning, think about the words. Bring ideas and images to mind to inspire the meaning.
5. As the meaning of the words begins to penetrate, let the words drop away, and rest in that.
6. Become familiar with that meaning as it penetrates.
7. Conclude your session and arise from your meditation with the meaning in your heart. "Meaning" is direct experience, free of words.
8. Now enter the world aspiring to conduct yourself with the view of your contemplation. For example, if you have been contemplating the preciousness of human birth, your view will be one of appreciation.

From *Turning the Mind Into an Ally* by Sakyong Mipham