

Big-Sky meditation

There are two ways to do this: A) Literally looking at the sky; and B) anywhere, even indoors, getting a sense of the space between objects

A) Literally looking at the sky

1. Actively look at the sky. The ideal is a clear blue sky occupying your entire field of vision. You may wish to lie down so that the sky can fill your entire view and you can relax your body. Gaze directly at the sky. Get a sense of its unbounded spaciousness.
2. As you become more attuned to the spaciousness of the sky in your vision, notice a similar quality of mind: a clear, spacious settling of the mind. Notice that the mind appears as space, with the arisings in it as unattached as clouds are to the sky.
3. As you settle into the spaciousness of mind, you may eventually become aware of the *knowing* quality of mind, in which mind is not even the space in which things arise and pass, but is simply the knowing of arisings and passings. In the "spacious mind" there may still be a sense of self observing the spaciousness. In the knowing mind, there is not even a sense of self observing. There is simply knowing.

B) If there is not a clear blue sky to gaze at, this meditation can be done metaphorically, not looking at the literal sky

Anywhere, even indoors, you can get a sense of the space between objects by not actively looking at them, but rather by "seeing" the space between things and yourself. This may come about by relaxing the gaze, not looking at something's details, but encompassing the spacious quality of space itself.

As you become more attuned to the "space between," move on to step two of A), above.