

Spaciousness/Self-Image Precis 12.14.19

We're going to do a different meditation practice this morning. As usual, begin with sitting upright, balanced on your sitz bones. Paying attention to your breath, you are aware of your breath and you follow your breath in the belly. You are just aware of the belly rising and falling. As following the breath becomes steady, not distracted much, you can allow your awareness to contain all content that arises, meaning let yourself not just focus on the breath only but to be aware of everything, the thoughts, the feelings, the sounds, without preferring one content over another. So, first we center and ground ourselves in the belly and then we open it up simply to be aware in general. Let the content be like clouds in an empty spacious sky and if you get hooked by a thought bring your attention back to the space around the thought, feeling or sensation.

Spaciousness Talk #1 12.14.19

- Our nature—our Beingness, our spiritual nature is completely spacious.
- The spaciousness of TN is completely unbounded, unhindered, unimpeded—it is 100% barrier free
- 100% open, clear, empty, vast
- incredibly light and airy nothingness
- Though empty, it doesn't feel lacking in something or missing anything
- On the contrary, it is openness that allows manifestation to occur
- It's a ground of pure openness that doesn't displace any phenomena that arises, but allows all phenomena to coexist
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- We have been working Presence—we've been learning practices that support our being present, and increase our capacity to be present and learning about the Presence of Being as the Essential qualities
 - Presence has a substantiality to it, a certain weight, a 'hereness' that characterizes it—and we get excited when a quality like curiosity with its joy arises, or the red essence with its strength, etc.
 - We tend to be more focused on the quality than the open space in which it arises

Today, our focus is on the emptiness of TN—that shows up as openness and spaciousness, the space that allows everything to manifest within it, that allows presence to manifest within it

-There has to be something open in order for something to manifest within it

Sura al sharh: "We have opened your heart..."

- One of the impacts of this openness on our consciousness is the feeling of *spaciousness*
- Plenty of room:
 - to breathe
 - to move freely
 - to be oneself fully

- feels good because it is the goodness of our TN
- freedom feels good—we long for liberation

-Space brings about expansion

Openness has the power to Reveal Barriers

Self-image is one of the main barriers to the openness of our Being

What is self-image?

- Self-Images are ideas or representations that develop from experiences/impressions of one's self in relation to others and the early environment.

Basically, it's who you think you are—

- who you think is sitting here
- who you think is listening
- who you think walked into the room
- who you think chose their outfit and got dressed this morning

The general sense of the feeling of the person you are

Sense of your personal identity and experience of yourself

- made up of many impressions that over time becomes an inner comprehensive image of who you are
- mostly unconscious
- how you present yourself to the world is a part of it
- but also your entire world view
- feelings and categories of experiences of **you** that go along with that view

- Self-image is who we would define ourselves as to another and to our self. The type and kind of person I am. The type and kind of experiences I have.
- Self-images give the feeling of the sense of self.

Superego is a big eater of space! It always brings about a relationship of adult/parent/authority figure to a little kid. Many of you have seen that when you successfully defend against the superego and disengage from it—space arises.

When you are free to simply be, be yourself in a natural way, there is no need of a self-image to define who or what you are. Being is not a self-image, nor a construction of the mind based on the past—it is an existence, a presence, a thereness, a suchness that is not doing anything to be there.

EX: Mono 15 min each 10 min discussion

Explore the aspect of Space in your inner and outer experience— how does it show up or not? How do you feel about the presence of Space – is it something you are aware of, not aware of, do you seek and want Space or don't want it and have reactions to Space? How does the presence of Space impact you?