

# Instructions for Sky Gazing

by Lama John Makransky

*See the space.*

*You are the space.*

*Be the space.*

*Let the outer space of sky awaken the inner space of mind.*

*The space pervading everything.*

*Then rest as the space undivided between outer and inner.*

*Not to meditate on the space.*

*But to recognize that you are that.*

## **Instructions for Meditating with Eyes Open**

**by Lama John Makransky**

When eyes open, in a special way, kind of gaze as you would at the ocean:  
global, panoramic, not focusing on anything and not trying to not focus.

Soft panoramic gaze.

Eyes not fixating as part of the discursive thought process.

Our eyes like all our senses are usually harnessed by the discursive process to try  
to make self feel real and to know reality “out there” (but actually hiding it).

A process of learning to explore with eyes open.

And not get caught by sights, just as not letting mind get caught by thoughts.

Gradual retraining of mind and brain, patterned by habits of attention.

So we're in the process of rebuilding new pathways in the brain to support  
a more unified process of attention.

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