

## **Mahamudra Meditation Supports**

### **The Three Points of Natural Meditation**

- \* Non-contrivance
- \* Non-meditation
- \* Non-distraction

### **Five Steps to Resting in Naturalness**

- \* Relax
- \* Let go
- \* Open
- \* Be present
- \* Sustain

### **Four Challenges of Natural Meditation (*from Gampopa*)**

- \* It's so close, you overlook it.
- \* It's so easy, you can't believe it.
- \* It's so good, you can't accept it.
- \* It's so profound, you can't fathom it.