

THE MEDITATION OF THREE LETTING BE'S
LETTING BE OF BODY, BREATH AND MIND

by Lama John Makransky

(1) **Abdominal breathing:** Sit in a relaxed, comfortable way with back straight, eyes gazing gently downward. Begin with a slow, deep breath, inhaling into the abdomen so it gently expands, then exhaling slowly and completely, releasing all worries as you exhale. Relax for a moment at the end of the exhale before inhaling again. Repeat several times. Then, while continuing to breathe from the abdomen, let the breath settle into its own natural rhythm.

(2) **Letting be of body:** In a relaxed way, let your awareness settle into the feeling of the body as a whole. Notice any feeling of tightness or holding on within the body, and let that relax, allowing bodily feelings to settle in their own way. Deeply let be into the body, letting the body draw you into oneness with it, as if letting the body do the knowing; letting it meditate you. If the mind wanders, let the grounded feeling of the body, like a magnet, draw you back to it.

(3) **Letting be of breath:** Now while still breathing from the abdomen, feel the abdomen expand and contract with each breath, throughout the entire inhale and exhale. Sense any feeling of holding on to the breathing process and let that relax. Deeply let be into the bodily feeling of the breath, letting the feeling of the breath draw you into oneness with it, as if letting the breath do the knowing; letting it meditate you. If the mind wanders, let the feeling of the breath, like a magnet, draw you back to it.

(4) **Letting be of mind:** Now bring your awareness to any thoughts arising in the mind. Notice any sense of grasping to the thinking process or to a mental framework—any holding on to a sense of self, thought, or memory—and let that feeling of holding on relax deep within. Give the heart and mind permission to fall gently, totally open—letting the mind reunite with the natural openness that is already here, beyond reference points, like space. Let this total openness of mind draw you into oneness with it, letting this utter openness of mind do the knowing; letting it

do the meditating. Let all patterns of thought and feeling just unwind and release within this space of deep acceptance, letting everything be.

When the mind closes up again, holding on to a narrow frame of thought or feeling, again let the heart and mind relax and reunite with the natural openness that is already here; letting all patterns of thought and feeling just unwind and release within this space of deep acceptance.

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Three Natural Metaphors

~Rest the body stable and unmoving like a mountain.

~Rest the breath and energy like a vast ocean.

~All the waves and movement, like the surface of the ocean, give way to the slow motion of deeper ocean, and below that the bedrock of ocean unmoved by waves.

~All co-existing together in harmony.

~Rest the mind limitless and expansive like an open cloudless sky.

~Even when thoughts arise within that space and dissolve, they leave the space just as it is, just as clouds arise in the sky and dissolve back into the sky.

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