

## The Seven Metaphors for Resting in the Mind's Nature

(Explore these meditations with your eyes open and raised)

1. Rest like a shepherd watching sheep. • Be at ease with thoughts. • Sit back and watch them. • Don't chase after each to see if they're O.K., not threatening. • Sense a natural bond of gentle affection for them.
2. Be like a mother watching her children play (loving whatever arises). • Caring for your thoughts. • Embracing your thoughts. • Delighting in your thoughts.
3. Be like a stack of hay with its cord cut. • Completely at ease with all tension dropped. • Let go of structure, planning, fabricating.
4. Be like a worker with all of your work done. • Like a manual laborer home at the end of the day... *"How great!"* • Effortless, at ease. • Your job is done: There is nothing more to do.
5. Rest like a corpse. (*"What if I were a corpse?"*) • Free of intentions and desires. (Can be explored lying on your back in yoga corpse pose with eyes closed or open).
6. Rest like a child with a full stomach. • Naturally blissful. • Content and fulfilled with no needs.
7. Rest like an infant looking at a shrine room wall. • Gaze with freshness, wonder, and awe. • Look at thoughts as a dynamic, luminous display of the mind without getting involved in the content.

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