

Quotes from the Natural Meditation retreat Jan 5-10, 2021
Lama Liz, Bob Morrison, Camille Hykes, Janine Marra

From Liz:

“Meditating is not meditating on something but familiarizing yourself with your own mind.”
—MILAREPA

QUOTE ABOUT RUDRA FROM SUTRA

“...They turn their backs on the view and on contemplation;
They are always ready to indulge in coarse behavior;
They express anger, rage and pride for no reason;
They understand truthful oral instructions wrongly;
When offering guidance to others, their [teaching of] Dharma is false;
They are erudite in any lore that misleads;
Casting aside precepts and scriptural authority,
yet they embark on grandiose undertakings;
They practice assorted perversions;
Since such persons are genuine Rudras...”

“As you meditate, your mind will get quieter and quieter, like a still forest pool. Many wonderful and rare animals will come to drink at the pool, but you will be still. This is the happiness of the Buddha.

—AJAHN CHAH

“Let go of all thoughts, including thoughts of meditation or wanting to meditate – just relax and rest naturally and one-pointedly in the open, spacious, and unaltered state of ordinary mind, which is empty, luminous, and beyond grasping, and within which there is nothing to accept or reject.”

—CHOGYAM TRUNGPA RINPOCHE

“Let yourself be the emotion, go through it, give in to it, experience it. You begin to go toward the emotion, rather than just experiencing the emotion coming toward you. A relationship, a dance, begins to develop. Then the most powerful energies become absolutely workable rather than taking you over because there is nothing to take over if you are not putting up any resistance. Whenever there is no resistance, a sense of rhythm occurs. The music and the dance take place at the same time.”

—CHOGYAM TRUNGPA RINPOCHE

TILOPA'S MEDITATION INSTRUCTIONS (GNAD KYI GZER DRUG)

THE SIX NAILS THAT STRIKE THE VITAL POINT

Don't recall	Let go of what has passed
Don't imagine	Let go of what may come
Don't think	Let go of what is happening now
Don't examine	Don't try to figure anything out
Don't control	Don't try to make anything happen
Rest	Relax, right now, and rest

ESSENTIAL POINTS OF MIND

Do not reflect.
Do not think.
Do not speculate.
Do not meditate.
Do not analyze.
Rest the mind in its own place.

THREE POINTS WHEN RESTING IN MEDITATION

Settling naturally.
Resting without alternation or fabrication.
Remain relaxed.

WENDELL BERRY POEM

The Silence
Though the air is full of singing
my head is loud
with the labor of words.

Though the season is rich
with fruit, my tongue
hungers for the sweet of speech.

Though the beech is golden
I cannot stand beside it
mute, but must say

'It is golden,' while the leaves
stir and fall with a sound
that is not a name.

It is in the silence
that my hope is, and my aim.
A song whose lines

I cannot make or sing

sounds men's silence
like a root. Let me say

and not mourn: the world
lives in the death of speech
and sings there.

From Bob:

"In the moment of love, our empty essence nakedly dawns."
—Tulku Urgyen Rinpoche

"Devotion is not our devotion to the buddhas, but our willingness to acknowledge how devoted the buddhas are to us in our very being, to acknowledge that so deeply that our sense of separation from the buddhas melts away, and we find that our deepest devotion, like the buddhas, is to everyone in their very being."
—Lama John Makransky

Refuge in Innate Bodhicitta

"I take refuge in the expanse of space, primal awareness and unconfined compassion, which is the nature of everyone's mind, for the sake of all."
—Lama John Makransky

From Camille:

It is too close, so we overlook it.
It seems too good to be true, so we cannot believe it.
It is too profound, so we cannot fathom it.
It is not outside ourselves, so we cannot attain it anew.

—lineage masters of the Great Perfection

Taming Your Mind

There are six observations to make in order to tame your mind:
If you assume that sense objects truly exist, observe the changing of the four seasons.
If you assume that your life is permanent, observe the dew on a blade of grass.
If you are ignorant of cause and effect, observe how seeds sprout into seedlings.
If you don't understand that what you perceive derives from mind, observe the dreams you have while asleep.

If you don't understand the single taste of everything, consider a piece of sugarcane.*
If you don't understand nonduality, compare water and ice.
Each of these observations effectively remedies a particular problem.
—Longchenpa

*Just as the sweet taste of the sugar cannot be separated from the cane itself, phenomena cannot be separated from their true nature.

"Because awareness is as present in our lives as the air we breathe, we can access it anywhere, anytime. It is the essence of our existence."
—Mingyur Rinpoche

From Janine:

"Everything is material for practice." (personal mantra)

"This very moment is the perfect teacher, and lucky for us, it's with us wherever we are."
—Pema Chodron

"The noble way of meditation never engages in the drama of imprisonment and release. The practitioner of meditation has absolutely no distractions because no war against distractions has been declared. It is this nobility and gentleness alone, this non-violence of not manipulating the body or fabricating mental states, which is the traceless path of all the Awakened."
—Tilopa, 11th c. Indian tantra yogi and sage

"People take different roads seeking fulfillment and happiness. Just because they're not on your road doesn't mean they've gotten lost."
—His Holiness the Dalai Lama