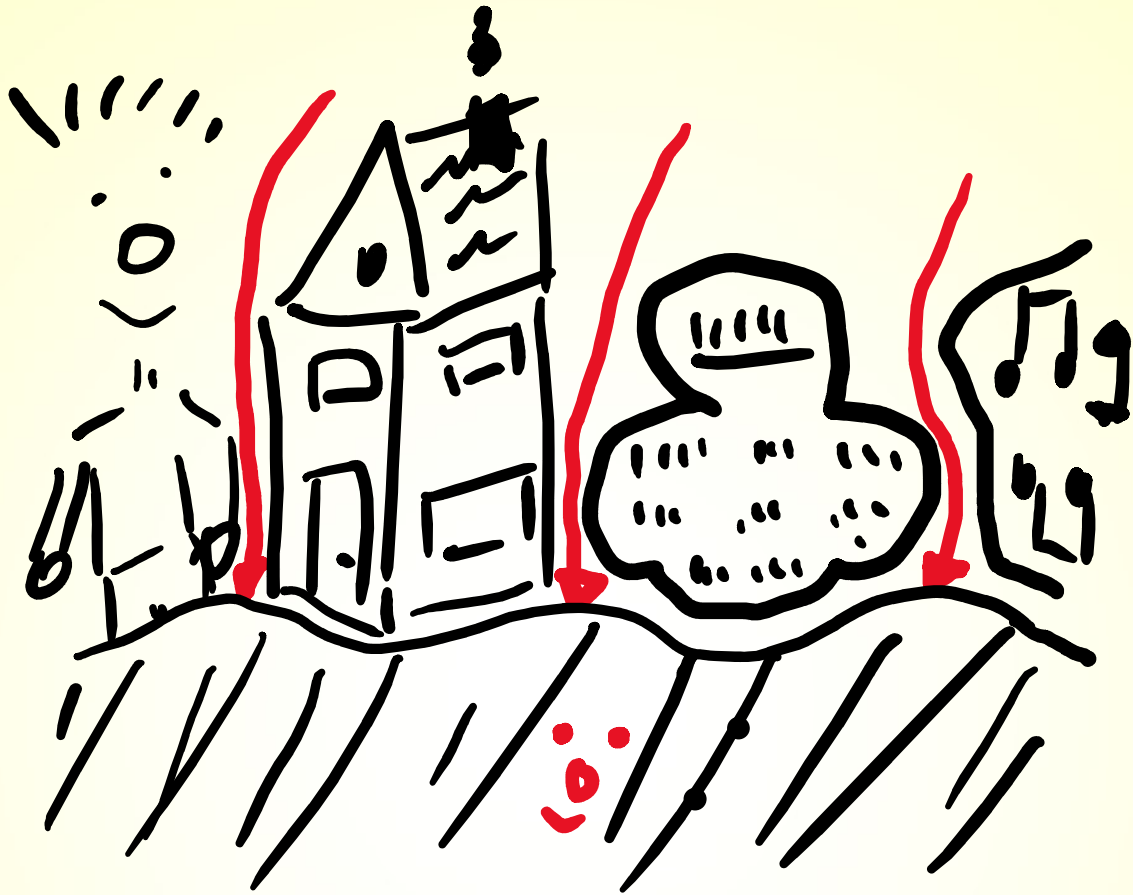


Dive into the Ground



Objects in the mind appear and disappear. Use tiny gaps between them to recognize the ground. Dive into it and be the ground of mind.

Dive into the Ground

When objects in the mind (thought, word, image, sound, ...) disappear, there sometimes is a gap, before the next object appears. Do not try to influence this, just wait for the next recognizable gap and jump. Dive into the ground, be the ground. When the next object arises, it arises from you, the ground. You let it arise, stay and disappear on its own, you are just the ground on which it happens. You can dive deeper and nearly not realize the mind objects any more or stay at the surface and just enjoy them arising and disappearing on their own.