

Open hand and mind



1. Release the stuck fist and mind,
2. direct conscious attention to each finger and
3. open the whole hand to open your mind.

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Clenching a fist is synonym with a stuck mind, seeing, judging, thinking and acting the same narrow way again and again. Opening halfway and touching fingers with the thumb is equivalent to consciously attending to the related mind processes. Opening the hand completely and forcefully leads towards a truly open mind. A stretched pinky perceives the world like a mirror without adding or changing anything. A stretched ring loves everything as just another phenomenon raising the overall richness. A stretched middle intuitively acts to what is required in just this moment with wisdom and compassion. A stretched index realizes the infinite richness, individuality and diversity of all phenomena. A stretched thumb finally invites the subject- and objectless, spacious awareness.

Nice Videos: [Five Buddha Families](#),
[Five Wisdoms](#)