

**Fourfold Proper Abandonment**

1. Beginning virtuous actions that you have not begun.
2. Continuing virtuous actions you have already begun.
3. Abandoning non-virtuous actions you have begun.
4. Not beginning non-virtuous action you have not begun.

*Only 1. No over-zeal → meditates. Bring back to "base" of awareness. No specified focus.*

**The Six Points of Tilopa**

*Shatama: No an object (let the mind rest as it is - NO DO, NO FEEL, NO THINK) Let it Be!*

*Free the mind from clutter*

1. Don't reflect. (regarding the past)
2. Don't speculate. (regarding the future)
3. Don't think. (regarding the present) *NO stories*
4. Don't meditate. (don't create some state) *make*
5. Don't analyze. (don't judge or investigate) *make aware*
6. Leave mind as it is. (create space) - Remain there *Just Be present!*

*\* Watch in meditation. Come - Dull! Don't do it!*

**Supreme Shamatha by Tsele Natsok Rangdrol**

- ♥ Neither inhibit nor indulge  
The six sense impressions of sights, sounds, smells, and so forth.
- ♥ Towards every experience, whatever takes place,  
Be awake, lucid, and fresh - *mindful and compassionate*
- ↕ While maintaining a balance between being collected and relaxed.

(continued on back)

**PA7**

**LOOK!** *st does what?*

**Vipashyana Investigations** *What is the "nature" of mind? [Be] what is known?*

*(NO) - Mind is like air - everywhere - interpenetrates everything*

Look to see if you can find the following qualities: *on stillness*

- See - investigate - what am I looking at? *awareness - inseparable from emptiness*
- Color - no color - invisible
- Shape - Round, square, triangle (shape of head) → made of *uniform omnipresent*
- Location - in body? out of body? where is it? *Everywhere?*
- Size - small - somewhat @ large - how large? *large*
- Basis - *Something that is the basis of the mind*
- Arising, abiding and ceasing - *always present*
- Is its nature a blank or dark state without lucidity? *What can't directly observe?*
- Or is it clear, sharp, naked and steady? *mirror*

*Something that has a mirror? LOOK and then Rest*

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## View, Meditation, Conduct and Fruition

♡ Remain w/ the mind - No matter what.

The moment you recognize the falsity of delusion is called the view.

To sustain that recognition undistractedly is known as meditation.

*Sustain the view*  
To be undeluded throughout daily activities is called conduct.

♡ When habitual tendencies and delusion are purified, that is known as fruition.

*Realize the nature of my mind*  
♡ Watch For sinking and dullness

♡ Post the Watchman of Awareness  
From Heart of the Matter by Tsele Natsok Rangdrol

When too concentrated, you manufacture a state.

When too lax, you diffuse into the undercurrent of thought.

♡ Instead, to simply remain undistracted

♡ Is itself the supreme shamatha

Which is taught to be the foundation for meditation training.

From Heart of the Matter

♡ The Nature of mind is to Be awareness

♡ There is awareness (emptiness?)

♡ There is NO other thing supporting it!

What is there to say about awareness (mind?)