

Mahāmudrā Meditation One Stillness

Posture, gaze (śamatha), and intention.

Saraha:

Those who remain in emptiness without any compassion
do not discover the sublime path.
Yet those who only meditate on compassion
never attain liberation from this saṃsāra.
Whoever can unite the two
abides in neither saṃsāra nor nirvāṇa.¹

Gampopa:

First, relax your mind and body deeply, not making any effort or trying to practice anything.²

~ use cleansing breaths, dropping, ha-shaking, body scan, etc

With Support

Direct your mind loosely to the focal support, not letting it wander to anything else, just remaining without distraction. Concentrate closely on the focal support but don't entertain thoughts that study or analyze its color, shape, or the like.

In brief, in a nonconceptual mode—not thinking anything at all—pursue, discover, a resting state that is intense and quiet.

Tilopa, *Ganges Mahāmudrā*:

Give up physical activities: be at ease in union with the natural state.
Don't talk: that sound-emptiness is just echoes.
Don't think at all: behold the phenomenon of the breakthrough. (30–32)

And:

Don't reflect, don't think, don't speculate.
Don't meditate, don't analyze—rest naturally.

Once you have achieved a moment of such stillness, suspend [your meditation] while in that state of stillness. After a short break, again apply yourself to resting.

Zhang Rinpoche:

Whenever you remember, perk up and remain relaxed.
Your mind is unborn and continuous,
with no beginning, middle, or end.

¹ MB, 416

² MB, 319

Gampopa, on three ways to rest: without conceptuality, motionless, and in lucid awareness:

Remain like a cloudless sky.
 Remain like an ocean without waves.
 Remain like a candle flame in still air.³

Tightening: remedy dullness⁴

Raise your gaze and look straight ahead. Expand your mind's vision. Make it spacious and vibrant.

Arouse sharp clarity and tighten that so you are not distracted for even an instant.

Without a reference point for ambitions, remain in a vibrant, crisp, awake one-pointed mind. Do that for a short time and then interrupt it.

Again tighten up and rest your mind fully, not distracted for even a moment.

Four-Line Mahāmudrā:

Rest your mind evenly without any effort in its uncontrived intrinsic state, like a garuḍa soaring through space.

Rest evenly without any movement in mind-itself, like an ocean without waves.

Rest evenly with sparkling clarity, like the sun and moon free from clouds.

Saraha:

Rest naturally: be just as you are.
 The result is unobstructed, present from the start within yourself.⁵



³ MB, 329

⁴ MB, 197

⁵ MB, 324