

Mahāmudrā
Meditation Three
No Support - Sustaining

Posture, gaze (śamatha), and intention.

Saraha:

In the nonjudgmental sphere of realization
tears flow naturally from overwhelming compassion
when the misery of ignorant beings is so clear.
Switch places with others and do what is useful.¹

Gampopa:

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

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

Direct your mind loosely to either a focal support or your breath, not letting it wander to anything else, just remaining without distraction with light mindfulness and alertness.

Without Support

Then: Do not do any practice that involves focusing or concentrating the mind on anything, such as on an external focal support or the internal comings and goings of the breath.

Your mind should have no support at all and not be disturbed by any concepts about attention.

Leave your mind in its own state. Leave your mind to be free, loose, and unconstrained.

Balance tightness and looseness, as Gampopa says:

Don't create contrivances: rest loosely.
Don't be on the lookout: rest freely.
Don't do anything with your mind: rest without reference point.²

Zhang Rinpoche:

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

Surging muddy waves
are crystal clear when left to be as they are, unclouded.
Your mind obscured by thoughts
is crystal clear as the dharmakāya when left on its own, uncontrived.

¹ MB, 416

² MB, 338

Don't make any alterations: remain *loose*.
 Don't restrain your mind: set it *free*.
 Be without expectations: remain in an open state.
 Don't hold any focus: let it all go.

Reduce your activities: sit quietly.
 Without looking for somewhere to rest your mind,
 remain like space with no support.

Without considering the past, future, or present,
 let your mind be *fresh*.
 Regardless of whether thoughts come or not,
 don't intentionally meditate: remain relaxed.

In brief, without meditating on anything,
 allow your mind to be as *free* as it will.
 There's no need to feel anxious about anything:
 you never move from the dharmakāya.¹

When your mind lets go and relaxes,
 an experience of clarity free of conceptuality
 dawns like the center of clear open space.
 That's the dharmakāya, luminosity.²

Four-Line Mahāmudrā:

1. Rest your mind evenly without any effort in its uncontrived intrinsic state, like a garuḍa soaring through space.
2. Rest evenly without any movement in mind-itself, like an ocean without waves.
3. Rest evenly with sparkling clarity, like the sun and moon free from clouds.
4. Rest evenly in unimpeded clarity with no clinging, like a small child looking at a shrine hall.
5. Rest evenly with the recognition that all impressions and sensations are mind, like waves on water.
6. Rest evenly in awareness that leaves no trace, like a bird gliding through the sky.



¹ Prepublication draft translation of Zhang's *Ultimate Supreme Path of Mahāmudrā*.

² MB, 325