

## **Dzogchen Rigpa Instructions**

Do each stage until stable. When settled in each stage, move on to the next. If a stage becomes wobbly, move back down to the prior stage.

### **Eyes**

Eyes soft, not fully focused, directed toward something neutral if possible (the floor, back of a chair, wall, etc.)

- May take some getting used to, if have never done open eye meditation
- Mental events from our eyes account for a huge percentage of our brain's dedicated focus (up to 80%) so is important to integrate; can be done over time

### **Hindrances**

Dullness (sinking mind) or distraction (rising mind)

- Dullness—looking straight ahead or upward increases energy
- Distraction—looking downward at the floor calms the mind, reduces restlessness

## **Meditation**

### **Preliminary Practice**

- Arouse Bodhicitta—the aspiration for awakening for the benefit of all beings; feel in heart

### **Stage 1: Samatha with support**—eyes closed or open

- Breath or other meditation object
- Calm abiding

### **Stage 2: Samatha without support** (similar to vipassana choiceless awareness)—eyes open

- Open awareness of “mental events” without attachment or aversion
- Choiceless awareness of whatever is predominant in perception
- Once settled in choiceless awareness, move to “non-doing”; just sit there; focus shifts from the events, to the non-doing

### **Stage 3: Rigpa**—eyes open

- *Know* the awareness that knows the mental events; *Be* the awareness that knows the mental events (non-dual, no subject/object)
  - Use the backward step, or mind turning (when mind turns to perceive itself)
  - Feel the mind-stream as concentrated to maintain continuity and prevent attention from scattering
- Once settled, include awareness of mental events without becoming engrossed in them and leaving rigpa (non-dual with phenomena)

### **Stage 4: Non-distracted Non-meditation**—eyes open

- “Rest in rigpa”—relax, let it all happen
- Self-liberated awareness; like the “off-ramp” of samatha