



Full Awareness of Breathing

The 3 Doors of Liberation

Awareness of self

Body

Feelings

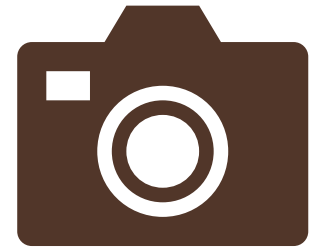
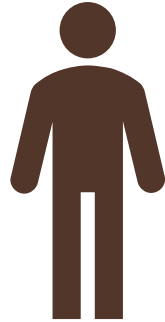
Mind

Thinking

Perceptions

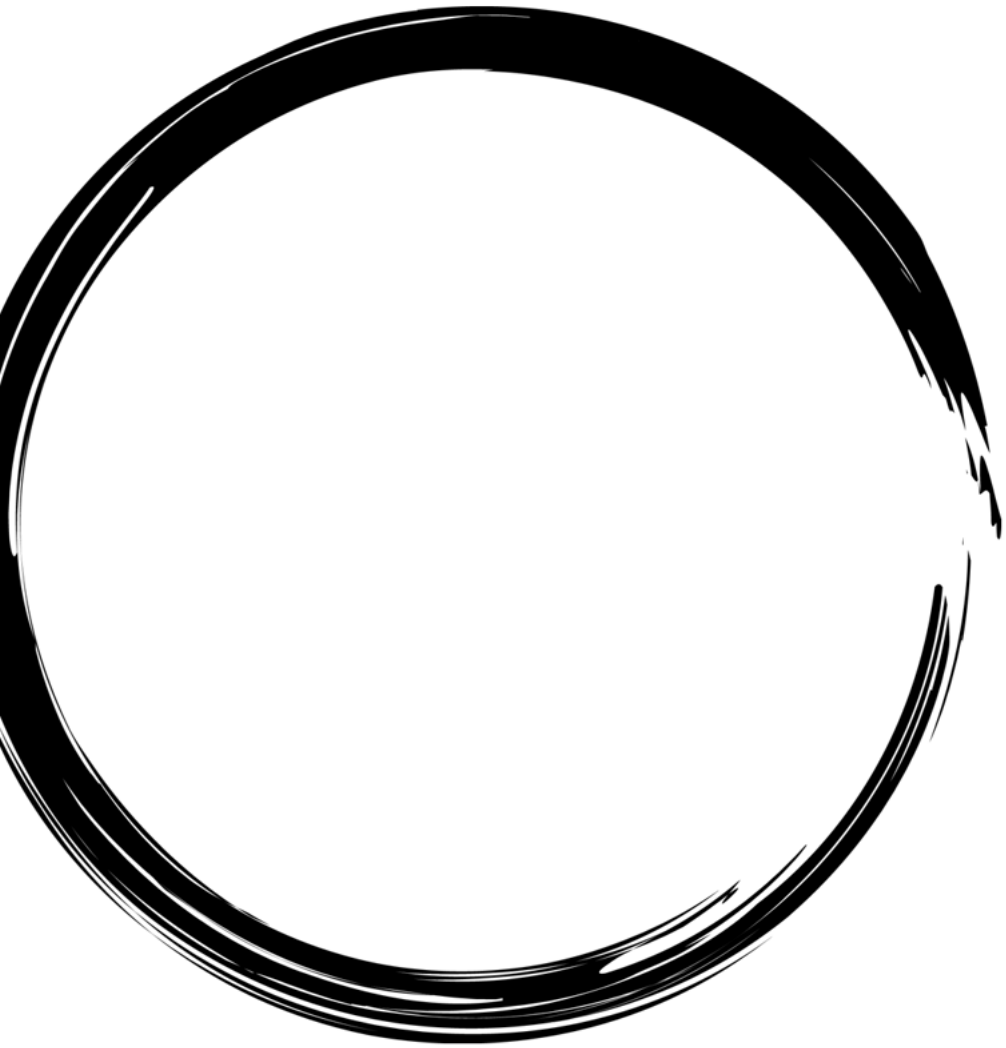
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What about other stuff?



3 Doors of Liberation

Emptiness
Signlessness
Aimlessness

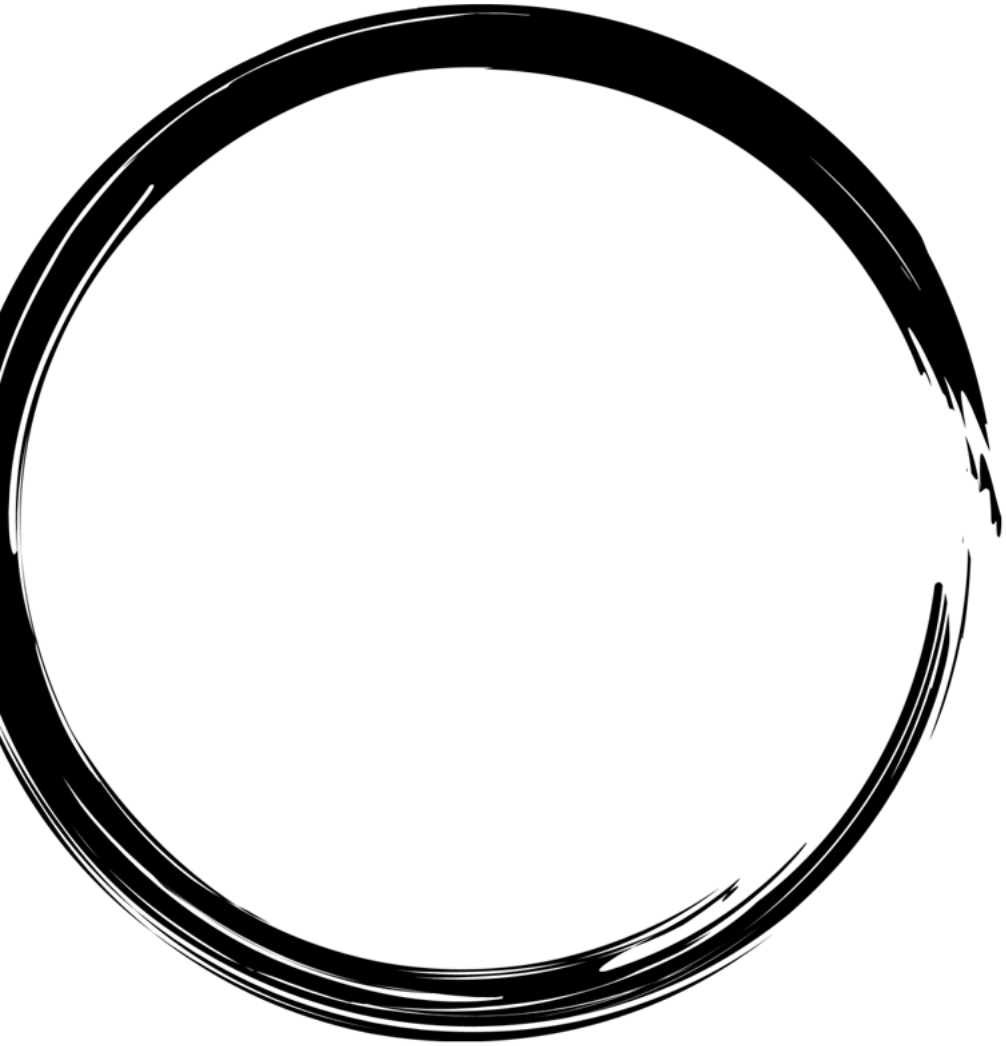


Emptiness

Not nothing

Not void

Not Nihilism



Emptiness

All 'Things' (Dharmas) do not have an independent self.

Arise dependant on other 'conditions'

In themselves they neither exist or non-exist.

Somewhere in the middle.



Emptiness

- An example
- I take a seed and plant it in the soil
- I water it and keep it warm
- It begins to grow
- First a shoot
- Then it develops a leaf
- More sun and rain
- Then 2 – 3 – 4 leaves
- Develops a bud



Emptiness

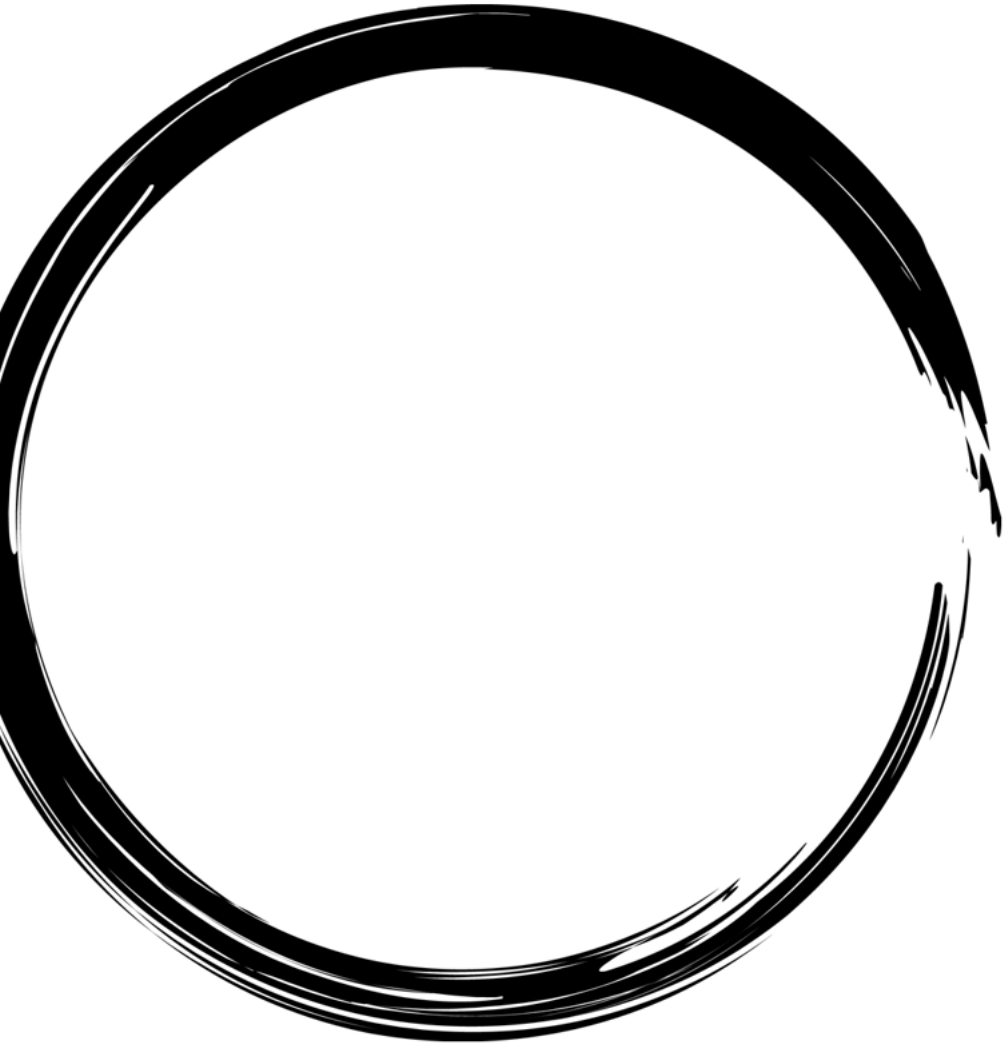
- The bud opens into a flower
- So we can see that the flower is made up of lots of different *conditions*
- *The seed, the soil, the leaves*
- *The rain, the sun, CO²*
- *Me because I planted it*
- Each condition has its own set of conditions.
- So nothing exists absolutely, everything depends on preconditions to arise.



Emptiness

“I am aware of the flower”

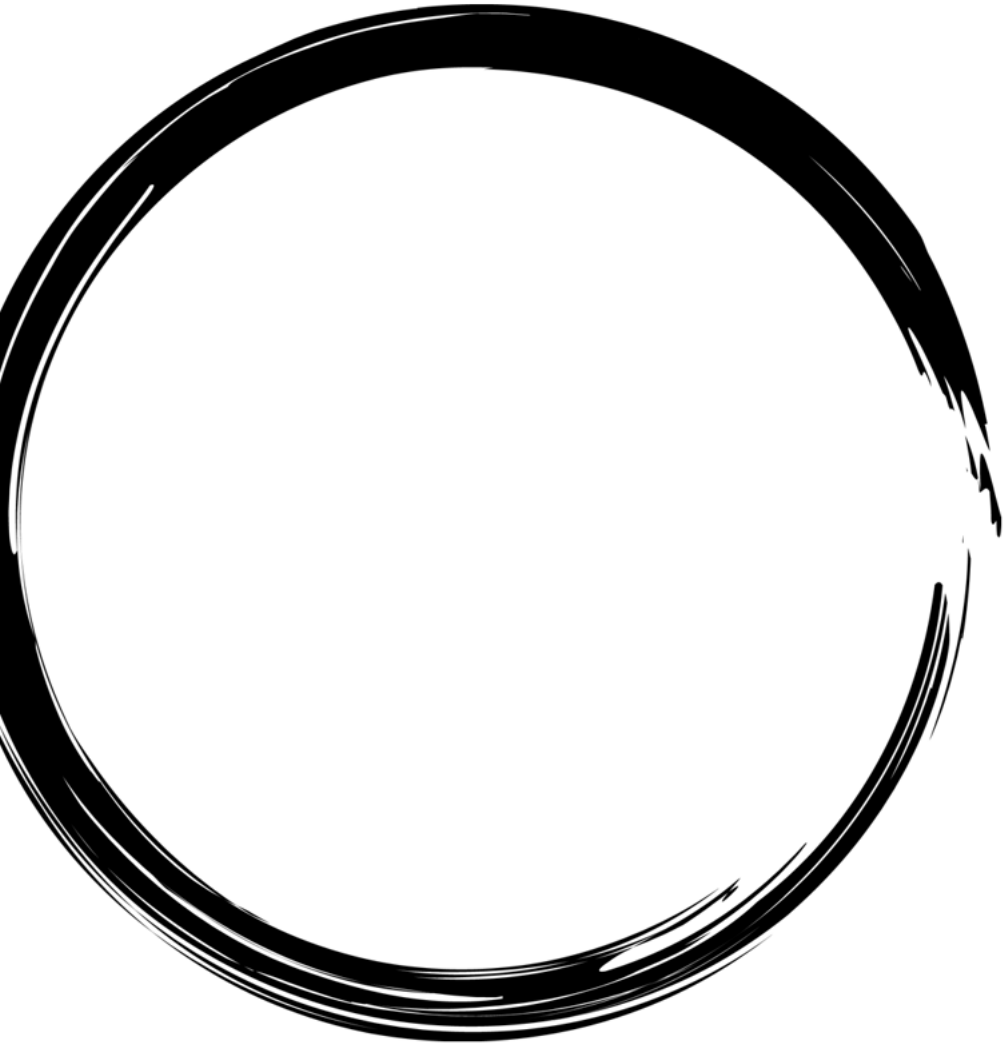
“The flower is empty”



Signlessness

“Where there is
perception, There is
deception”

TNH



Signlessness

All dharmas are dependant on preconditions.

The sign is us saying “that is a flower” when actually it is a myriad of other conditions coming together to manifest as a flower.

Some of those conditions will be the same as the conditions that give rise to me.

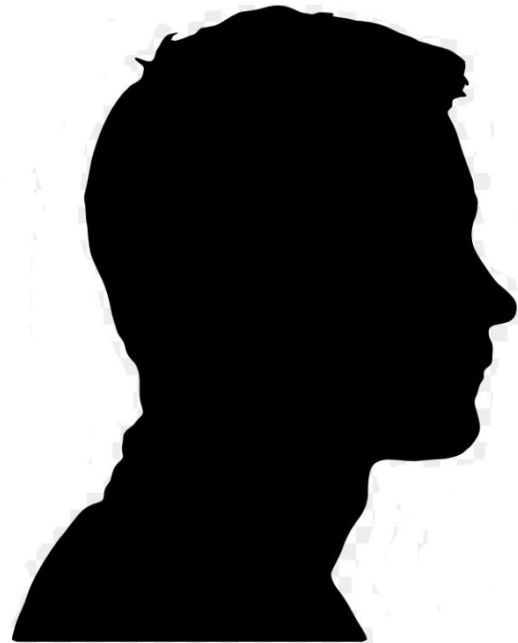
Signlessness

- An example
- So as I sit looking at my flower, I am breathing.
- Breathing in oxygen and out CO_2
- We know that one of the conditions for our flower was CO_2 . So some of what make this flower, a flower was part of me before.
- I am literally in the flower, in the form of CO_2



Signlessness

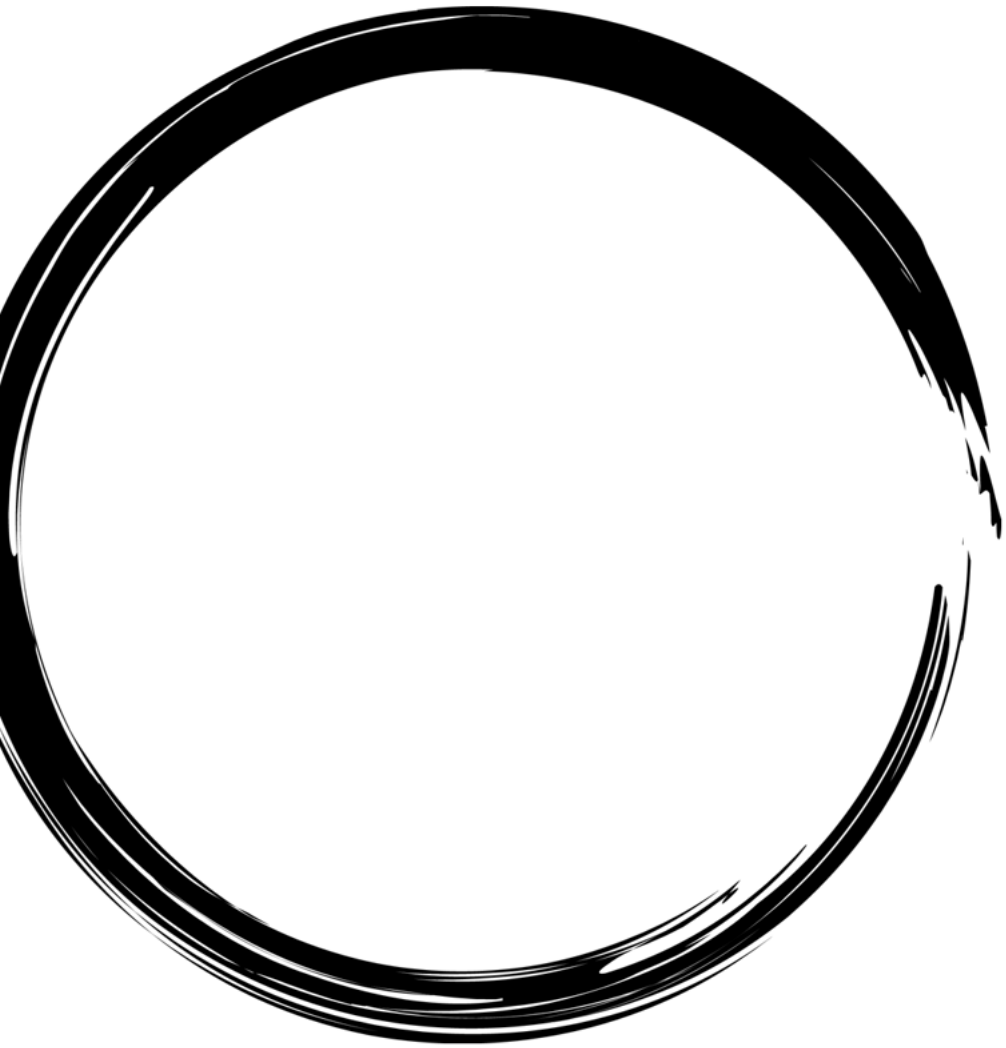
- But it won't stop there. Some of the oxygen I am breathing inside me was made by the flower during photosynthesis.
- So the flower is literally in me too.
- There are other shared conditions. I planted the seed so I gave rise to that as well.
- As we look deeply, we see that the boundary between the flower and I is not as clear as we think.



Signlessness

“Aware of myself and the flower”

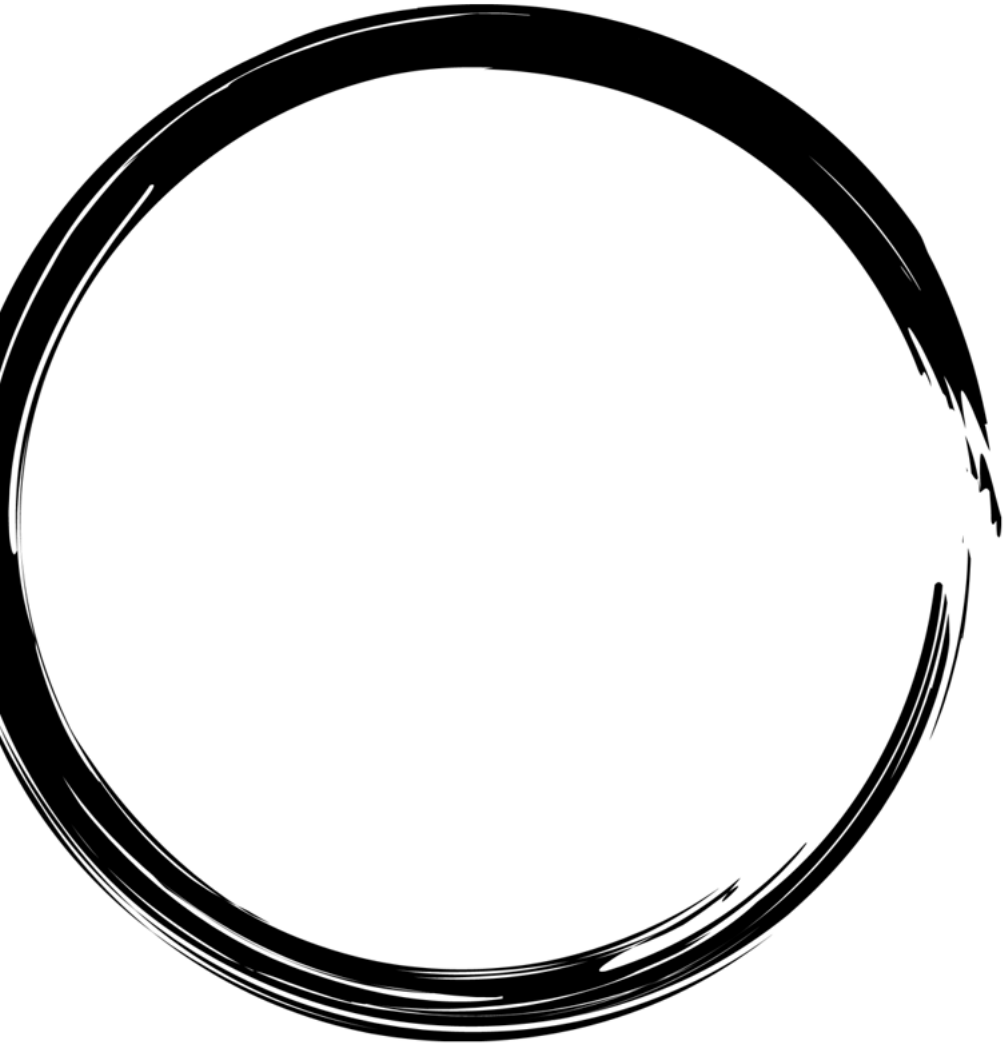
“There is no boundary”



Aimlessness

“Do not put something
in front of yourself and
run after it.

You have all you need
here.”



Aimlessness

This final gata is deceptively simple.

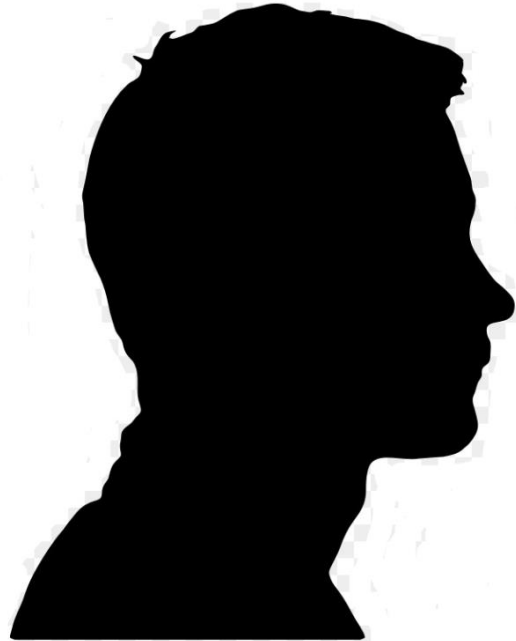
Having established that the flower is the manifestation of many conditions;

And considered that you share some of these conditions with the flower directly and indirectly.

Bring your awareness to the fact that you and the flower have arrived in this moment together.

Aimlessness

- This gata brings our awareness to time itself.
- Our experience can only be in the present.
- Our memory of the past is patchy and inaccurate
- Our prediction of the future is speculation and most likely wildly inaccurate.
- But the object of our meditation and ourselves have arrived in this moment with absolute clarity and we are connected in many different ways.



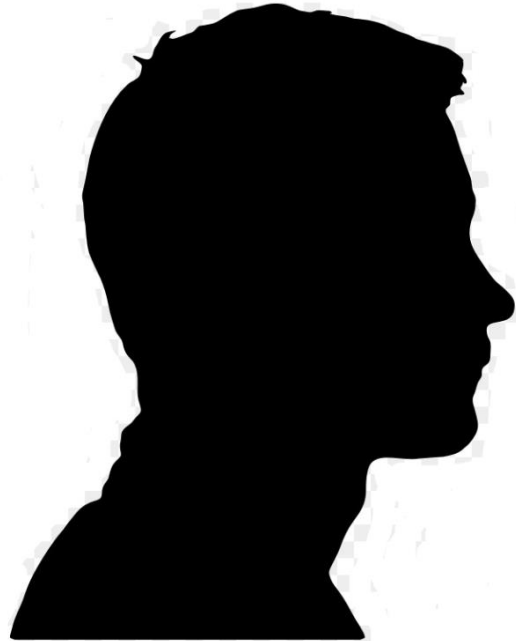
Aimlessness

“Aware of myself and the flower”

“We have arrived in this moment”

Aimlessness

- As an epilogue to the meditation we can return to our breath.
- But now we are awake and connected to our dharma and we are breathing together.
- With this awareness we might see our dharma in a new way. An answer may reveal itself or a new insight may arise in our minds.
- At the very least we will have past an enjoyable 20 minutes.



Dharmas

Are not just flowers.

Or even objects.

Consider people,

Objects,

Feelings,

Songs and art...

The list is endless



Full Awareness of Breathing