**Ringu Tulku Rinpoche
Edited Guided Meditation**

If we are doing sitting meditation, we just relax our body. Try to let all tensions go because we don’t need it. Relax our body from our toes to our head. Wherever there is tension, we just try to relax. Relax our face muscles, eyes, our mouth, our neck and shoulders, our feet, our hands and all our internal organs. We even relax our brain. We really relax our whole body.

By bringing your mind into in to your body you really FEEL your body, you don’t think about your body, you feel your body. You feel I am here. I am in this body. I can feel the relax-ness of my body. So I am here now, in this very moment. I am not there in yesterday. I am not there in tomorrow. I am here in my body now, in this moment now.

Mind and body are connected so if I can relax my body, my mind is also relaxed. I am not dealing with all the problems from yesterday, I am not dealing with the problems of tomorrow, I am not even dealing with the problems of the last hour or minute, or worrying about the next hour or minute. I am just here, ***now***.

Only seeing what I am seeing, ***now***. Only hearing what I am hearing, ***now***. Not holding on to anybody or anything, just being.

I am not even meditating. I am not doing anything, I am just being relaxed here now. Clear, open, not fighting against anything, not closing off to anything, not trying to wish away anything, not trying to get anything. Just being here, being natural.

Maybe a thought comes, it doesn’t matter. You hear something, it doesn’t matter. You see something, it doesn’t matter. Whatever is happening, it’s okay. Don’t make a story of it.  You may hear a bird sing and think, “ This bird is disturbing me. It has to sing just as soon as I start to meditate! I wish it would go away” You don’t have to think like that. You don’t have to make a story out of the bird singing. The bird is just singing, You can let the sound come and let the sound go. If it continuously comes, continuously let it come, it will continuously go, let it go.

With thoughts it is the same. When a thought comes, it’s ok. If a thought comes, don’t concentrate on the thought, just let it come and let it go all on its own. Just be in the present moment. If too many thoughts and too many things are going on in your mind then just lightly focus on that breathing because that is what is happening ***now***. Bring your attention to your breathing. Feel that you are breathing. You feel you are breathing in and then you feel you are breathing out. You are not thinking about breathing, you don’t need to think about it, you are already doing it; Just feel yourself already breathing.

You are not trying to push away thoughts. You are just letting them go, because you are more focused on what is happening ***now***.

You may remember something that happened yesterday. You don’t go through it too much, you just now remember breathing.

After some practice you can even look at that thought. The thought is not the story; it’s just a thought - coming up from nowhere, going away to nowhere. As soon as it arises, it changes, and it goes. Then another thought comes. And another. It is the string of thoughts and emotions all arisings from nowhere and dissolving into nowhere. Actually this is your mind. It’s not one thing. There is no one thing called mind. It’s the string of thoughts and emotions all arisings from nowhere and dissolving into nowhere.

So all these thoughts and emotions and sensations that arise in your mind are not coming at you. They are arising in your own mind. That is my mind.  Everything is arisings in the mind. So, therefore, you don’t have to be afraid of that. You don’t have to be afraid of your fear, because that’s also your own mind. Anger, upset, it is all your own mind, your own manifestation. So there is no need get rid of it, there’s no need to follow it, there is no need to be afraid of it, there’s no need to judge it. Just allow it to be and then, like the waves coming and going, it dissolves by itself. There is nothing outside my mind. Everything is arisings in the mind. So whatever comes, nice experiences, not nice experiences, they just come and they go. Allow them to come and go. Not holding on to anything, even if they are good or bad. Even good and bad is just a concept.

If nothing is happening, it’s very nice. It’s peaceful; it’s joyful. But if I can just relax into my thoughts and emotions, if I can enjoy myself in all these thoughts and emotions, it’s very nice too. It comes and it goes and I just relax in it. I don’t own it, I don’t grab it, I don’t build a story on it, I just be…. and relax.

Enjoy it. Make friends with your meditation. Think of it as time off. You get time off from work, but you don’t often get time off from your mind. You don’t get time off from your thoughts and emotions. This is the only precious time you can get time off from your mind. So it is real time off. Look forward to that time off, it’s the greatest pleasure.