

Hello everyone. I was so happy we were able to practice tonglen last night. This ancient Tibetan practice is so simple to do and powerful at the same time.

Here is a recap of the instructions:

- 1- Sit comfortably.
- 2- Maintain an elongated spine.
- 3- Inhale and exhale through the nose.
- 4- Channel your breath through the back of your throat.
- 5- Breathe this way for a couple of minutes, allowing your mind-heart to settle down and draw in.
- 6- Use a mirror to look at yourself, or take a Selfie of you in meditation.
- 7- As you look at the image in the mirror or on your phone, identify the image as your biographical self. This is the self full of stories. This is the self that we falsely identify as our actual self.



8- Now identify the witness of the biographical self as your god-self, fully liberated and enlightened.

9- Imagine a great spaciousness within your liberated self. Imagine an expansive sky emanating from the center of your enlightened self. The sensation it generates is a feeling of coolness, brightness, and lightness.

10- Look at the image in the mirror or the selfie on your phone. Imagine a dark vapor emanating from the chest containing a sense of claustrophobia, darkness, heat, and heaviness.

11- Begin to draw in the dark vapor of your biographical self into your enlightened self. As the dark, sticky vapor enters your heart center it immediately dissipates into the expansiveness

of a beautiful cloudless sky.

12- Inhale the vapor, exhale the clarity and expansiveness.

13- Follow your breath and use your imagination. Let the breath be slow and deep.

14- As you ride your breath, let the storylines of your biographical self become the dark vapor. Don't hold back, but don't get stuck in the details. Merely draw in without trying to solve or understand the situation. Breathe back openness, clarity, and wonder.

15- Practice for 5 minutes each day this week. Consider journaling at some point during the week.