

# 03 Clarity Meditation #2

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This meditation is an introduction to the clarity of the mind - which is its nature. And it builds from the previous meditation about the spaciousness coming from body of light.

Here the emphasise is on clarity

Refer to all the previous points about:

- Motivation for these meditations - we do we put all this effort
- How to conduct our self during meditations - as the booklet says - "When you start your mind will probably be very busy..."

When you explain clarity - again Mahamudra Tantra is a great place to read. p.97. But be careful - it can tie you in a knot, so just try to understand this and explain it in a rough way. This is similar to how we meditate on it - with a rough generic image.

Here one important point is

“ Your thoughts and mental activity are not physical objects but simply formless phenomena appearing within the space of your mind.

One possible main point to take from this meditation is as the booklet says:

“ An important technique to develop in this meditation is simply to watch your thoughts without following them. You may need to practise this many times to become proficient at it.

You can explain the benefits coming from being able to watch thoughts without following them