

TRIKAYA AS PRACTICE

The nirmanakaya of the Buddha is the simple mindfulness of being awake.
Without moving your body,
Without attempting to apologize for a movement if it happens,
Keep your meditation still, like a stone resting at the bottom of a lake.

Awareness practice is like ripples on the clear lake of the mind.
When there is no object of awareness,
Then the sambhogakaya appears spontaneously as joy in practice.
Experiencing this, one never gets tired of meditating.

The depth of the lake,
The breadth of the ripple—
Those two are wisdom and skillful means.
This is the dharmakaya of the mind.

In practice you should never forget how simple it is to meditate.

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