

Meditation

Continuity of the mind

Motivation

Calm the mind by spending a few moments focusing on the natural flow of the breath.

Generate a positive motivation by thinking that you are doing this meditation for the benefit of others.

Think: *“To benefit others I need to understand the nature of my own mind.”*

Meditation

Bring your attention to the in and out cycle of your breathing. Settle there and just watch for a while. Breathing in, breathing out, nothing more; allow your mind to become grounded in the gentle rhythmic cycle of your breathing.

Now be aware of your present state of mind. Be aware of your thoughts and your feelings. Just observe whatever comes to mind. Notice how one thing leads to the next. One thought leads to another. A sound jogs a memory, a memory leads to a new thought. Notice how your mind is a continuum, a continuous stream where one moment of mind creates the next moment of mind.

Now from the present moment think back over your day so far and again notice how your mind has been a continuous stream from the moment you woke up until now.

Remember the thoughts and feelings you had when you woke up this morning and those you have had from then till now. Notice where each thought and feeling came from and what it led to. Notice the continuity of your mind how one moment leads to the next.

Remember any dreams you had last night.

Remember the thoughts, and feelings you had yesterday.

Now recall some of the thoughts and feelings you had last week, last month, last year and so on.

From time to time go deeper into some of your experiences and

Care of the mind

notice the continuity of your mind and how one moment led to the next.

Scan back through major moments in your life again being aware of the continuity of your mind. Go back as far as you can remember.

Come back to the present moment.

Then think how the future will unfold in the same way – the present moment of mind will lead to the next moment, to the next day and the next year.

If you wish you can also think how at the moment of death your mind will continue in the same way. It will continue in the same way from life to life.

Finally contemplate how the continuity of mind means that in the present moment you are influencing your future.

Take a little time to think about what you want to be like in the future, what mental qualities and attitudes you want to have and how you can achieve that by how you use your mind in the present moment.

Each moment of your life is important and a precious opportunity.

Hold single pointed awareness of this potential for as long as possible.

To finish the meditation bring your awareness back to your breath and gradually to your surroundings.

Dedication

“Due to this meditation may I and all beings quickly attain complete freedom from suffering and achieve perfect happiness.”

Venerable Tony Beaumont

Karuna also has experienced people you can talk with on:
07 3632 8300 or karuna@karuna.org.au



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