

Care of the mind

Meditation

The impermanent nature of things

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 to be able to accept that all things are changing and do not last. *“By understanding that everything including life is impermanent, may I be able to make the most of every day of my life.”*

Contemplation

First, be aware of your body. Think about what your body is physically made up of – skin, blood, bones and hair, organs - such as heart, lungs and kidneys.

Reflect on each of these parts in turn and the changes taking place continuously within each part – heart pumping, blood flowing, new blood being produced, the digestion of food, waste products being discarded, hair and nails growing.

Even when you are sitting still, every minute, every second, there is constant change, constant movement taking place within every part of our body, down to the tiniest most subtle changes taking place at a cellular level.

Reflect on the constant change and movement taking place within your body until your awareness of it becomes heightened. Then hold your mind in concentration on this awareness for a few minutes, without letting your mind think about anything else.

Second, do the same reflection with external physical things - things in your room like your meditation seat, the floor, the walls, ceiling, windows; your house, your car, the city you live in, the movement of clouds in the sky.

With each of these things there is constant change and movement taking place. There is change that you can easily see – trees growing, plants flowering, buildings being demolished or built. And there is also change taking place at a more subtle level that

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is less obvious – reflect how your house is gradually ageing, roads deteriorate and need repair, your car needs servicing, your room will need repainting in a few years.

Reflect on the constant change and movement taking place in the external physical environment until your awareness of it becomes heightened. Then, hold your mind in concentration on this awareness for a few minutes without letting your mind think about anything else again.

And then think about how things are not only changing, they are also gradually, slowly, disintegrating, becoming older, worn out and eventually at some point in time things will go out of existence. They are not going to be there forever. Everything has its end.

Reflect on the things that have ceased to be – things you owned, friendships you had, and difficult times you have been through. Think of the people you have known who have died. Think of the people who are in your life now who will one day die. Think how one day you will also die. Impermanence is not good or bad. It is the way things are. It is reality.

Reflect on the things that have come to end and the things that will come to an end building a heightened awareness that everything is by nature impermanent. Then hold your mind in concentration on this awareness for a few minutes without letting your mind think about anything else.

Finish the meditation by bringing your awareness back to your breath.

Dedication

“Due to this meditation may I and all beings quickly attain complete freedom from the attitude that clings with attachment what is impermanent as if it were permanent.”

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



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SLID 1043 V1