

Four Mind Changings

Meditation: Impermanence

This practice requires a "light touch".

Be mindful not to get lost in the details, memories or fantasies.

During practice, here are some areas to reflect, feel and notice impermanence:

"Outer"

Natural World

Sunrise...high in sky...sunset...nightfall...sunrise...

Tides high...low...high --- quality of ocean and waves

Change of seasons

Plant life buds...full blossom...wither and decay...bare or only present as seed, bulb or root underground

Animals – hibernate...mate...play...hunt and gather

Weather patterns constantly change and unfold

Material World

Vehicle – brand new...use...deteriorates over time...accidents...

Buildings – formed...exist...renovated or reconstructed...demolished...

Loved ones – alive...living...passed...dying

"Inner"

Body – infant...toddler...child...teen...young woman...adult woman...elder

Appearance, ideas, likes/dislikes, senses of self, relationship to self and others – all have changed over time and are changing

"Innermost"

Mind at this very moment - thoughts, perceptions, clinging, all risings

Present moment changing of body-heart-mind

Change is certain...Change is Life

Rest in the Openness which allows this moment to moment changing flow...