

Sky Gazing

Mindfulness Worksheet

Date / Time:

What have you brought mindful awareness to today? Check all that apply.

Heart

Mind

Body

Breath

Environment

To begin this Meditation, please bring kind awareness to

- why you chose this topic
- how your belly, chest, and head each feel when you reflect on this topic
- the emotions that you can associate with these visceral feelings
- the positive or negative impact of any stories you believe in regarding this topic
- the fact that many others are feeling similarly about this topic as you
- how you might feel with increased awareness around this topic
- when you can apply increased mindfulness to this topic in your day-to-day life



Sky gazing is a practice that holds roots in the Tibetan Buddhist Dzogchen tradition. It invites us to naturally soften the mind as we open to the vast, expansive, open nature of awareness that is present within each of us just as much as it is in the sky above.

The sky is a wonderful metaphor for awareness and it is used in various meditation practices. When we consider that our awareness is the sky and the thoughts and feelings we experience are like clouds, we deepen our understanding of the transitory nature of experience. As we become like the sky, we are able to watch the clouds (or thoughts) that pass by without attachment to them.

PRACTICE:

1. To practice, find a comfortable place you can sit while maintaining a clear view of the open sky. Though best practiced on clear days, you can also explore this meditation on cloudy ones. Note that if it is more comfortable for you to rest on your back, you are welcome to do so.

Settle into the earth by taking a few slow and steady breaths. Then, open your awareness to take in the sky above you. If you are seated, gently lift your chin as is comfortable to get a clear view of the open sky.

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3. Maintain open awareness of the sky itself. If or when thoughts arise, gently let them be released into the openness of the air around you. Continue to witness the open clarity of the sky. You might consider how the sky you are gazing towards is similar to the 'inner sky'. In the same way that weather patterns change, so too does the inner experience of thought and feeling.

4. Let your breath move naturally through you, using it as an anchor anytime you need to center yourself. Then, come back to the open sky.

5. Rest in this open awareness as you gaze up at the sky for as long as you would like. When you are ready to finish, come back to the breath for a few cycles as you root yourself back into the solid earth beneath you.

