

Edji's Comments on **Emptiness Meditation and Self-Inquiry**



The video for this meditation is an expansion of the previous body-emptiness meditation into self inquiry within the Void. Watch and practice just once.

In the future, play it as an MP3 audio file and have it repeat three times for a full hour of lying or sitting meditation. Later, we'll redo this meditation showing students in half and full lotus doing these meditations.

If you want, have a second CD or MP3 player playing kirtan or bhajans along with the audio instructions quietly in the background.

With me, this combination of emptiness introspection and kirtan always produced various levels of ecstasy and deepening meditations. In silence, you are watching all aspects of your inner experience, especially the I-thought, and the I-Am sensation. Some describe it as amness alone, but the experience has both an I and an am, which can be separately recognized and then found as one. Amness is the sense of beingness or "presence," while I points towards the non-spatial aspect of the subject or witnessless "witness."

Of course, the most dynamic meditations are the Zen meditation retreats such as at Mt. Baldy. We may organize one there some day. Now that is an entirely more advanced level of practice nearly impossible in everyday life in an urban environment.

This exercise however, gives you a direct insight into having no self while still having a practicing mind and ego. It introduces you to the Void.

With this video, only pay attention to the voice instructions. Be relaxed and sitting or lying when you begin to play it.

Transcript of Guided Meditation

I'd like to try that exercise recorded a few days ago about the emptiness of the body, but do it the way I originally did it -- and had done for a few weeks before I had my first awakening experience... which was to practice horizontally... with the help of some cats!

I want you to lie back on the ground in a comfortable way with your head on a pillow, your feet on a chair or on something else to raise the feet; this way you can get the full impact of the feeling of the environment against the skin of your body and at the same time be completely relaxed, and I'm going to do this with you.

Lay back.

Feel comfortable.

Breathe deeply.

Relax.

You should feel completely relaxed.

And with your feet on a chair, or on a rise of some sort, just relax.

Feel the bottom of your feet. Are you wearing shoes? If so you may be able to feel the pressure against the bottom of your feet, of your shoes. Otherwise, you'll feel nothing from the inside. The experience of body is mostly is mostly a visual sense, unless you are in pain or a movement of some sort, or there is some sort of internal body process going on, but tactically from the inside, there is not a lot to feel, and it's your body that's doing the feeling in this case.

Moving your attention upwards into the foot, what do you feel?

Do you feel a little tingling because of the electricity, of the tension?

You still feel the pressure from the bottom of your feet from a shoe?

What about the top of the arch, is there a shoe there that feels tension?

Moving attention upwards, feel into your shin.

Do you feel anything there?

Do you feel your shin?

Now feel your calf where it's touching the chair.

You feel pressure there, don't you?

What's that pressure like?

What is that sensation like?

When you feel the shin, and you feel the calf, and the only place you really feel any sensation is that boundary between the calf and chair... otherwise there's only emptiness.

Moving your attention upwards into the knees -- unless your knees hurt for some reason -- you won't feel them. There's nothing there. With your eyes closed you have no idea that you have legs at all, except for bits of pressure where the legs touch something.

Moving the attention upwards into the thighs, what do you feel?

I feel nothing.

There's just an emptiness there, no sensation.

Of course if I concentrate on feeling something there, I can generate a little tingling energy, that's a generation, not a passive reception of the experience.

Moving upwards into the hips, what do you feel?

Do you feel the pressure of the floor against your buttocks? What about the abdomen, do you feel anything in your abdomen? And in the genital area? Do you feel anything?

If it weren't for your knowledge that you had a body, would you know that you had a lower body at this point, using just the tactile sense, or is there only emptiness?

Try to connect those various sensations on the foot, the calf, the buttocks. Look inside, are they connected at all? Can you tell the space between them? Are they separated by three inches, three feet, three miles? A hundred miles? Are they only sensations floating in space, with no reference or guide to be able to tell you where they are?

Moving the attention upwards, into the upper abdomen, and the chest, what do you feel?

I just feel my back pressing against the couch, and as I breathe, some tension in the diaphragm area and a bit of my belly touching my clothes.

But observing those kinesthetic experiences, I couldn't tell you how big they were, how far apart they were, how they tied together, or whether they tied together or whether they are just discreet sensations with no coordinating body.

Moving upwards, into the upper thorax and the neck, what do you feel?

Do you feel sensations around your throat?

Moving up into your jaw, what do you feel?

Moving back down to your shoulders, what do you feel? Is there anything there? Is there a sensation where the shoulders are touching the ground, or the couch?

What do you feel? Is there mostly emptiness, with just these sensations which are hard to verbalize, floating around once again?

Your arms, your arms touching the ground, what do you feel? Do the sensations give your arms, as you know them in your mind, a form? Or are the sensations completely without form?

Do touch sensations have any form whatsoever? Do they have a length? Do they have a width? Do they have a depth? Do your arms as they touch the ground

have any form whatsoever? Can you find a form for your arms? Or again, are they just sensations that float in an inner space of darkness and emptiness?

Move your attention back into your throat and up into your mouth and into your head, what do you feel?

Anything? What do you see? Do you see lights? Blue lights, flesh colored lights? Is there anything inside your head at all that you feel?

So, your attention has gone entirely throughout your body... and what have you felt?

Is there any form anywhere or are there only disparate sensations that apparently float around in space with no connection to each other?

Where then is your body, when seen from inside?

Now, where are YOU?

Can you look around in that emptiness inside and find a you? Or a me?

Looking inside is there an I anywhere? Or is there only a dark emptiness, or a light emptiness, or a blue emptiness?

Who are you, now?

Who's the one that's observing?

Who's the one that's looking through the body and evaluating the experience and seeing all the floating sensations and finding it has no order, no sense, no coordination, no center?

Looking around inside, where am I? Who am I?

Like me do you find nobody is there, there's absolutely nobody that's looking, there's no looker, there's no witness, there's nothing but emptiness. And you are that emptiness. And what gives that emptiness form are memories and knowledge; memories of your body, memories of your past, images inside of what your body is like, and how you remember it from last appearance.

Now watch the thoughts as they arise. Can you find the I thought?

Ask where is the I thought.

All day long you say I, I, I. So, where is that I?

And if you look around and hear around the room, maybe by this time there's no longer any separation between you and the sound of the clock. If you listen closely, it sounds like it's coming inside of you.

The sounds outside, are inside you. You are everywhere, you permeate everything, and yet YOU -- as an I -- do not exist.

So, which is the real world, the world now you experience of emptiness that contains everything, with no form, no connection, just sensations?

Or the world you were in half an hour ago? With its sounds and your body and the room and comings, goings and thinkings?

Which world is more real?

OK, this ends the experience. If you want to replay it, do the whole process all over again, any number of times.

It's time to go.