



# The Buddha Project

## IDMT Meditation Script

September 20, 2025: Infinite consciousness

### Arriving in the present

1. Having set our motivations of refuge and bodhicitta, having done the seven limb prayer, we can take a comfortable position, close our eyes and visualize that the Buddha is already sitting in front of us.

### Cultivating a motivation

2. It's important how we relate to the Buddha. We easily bring our worldly presumptions to meditation, so it is important to visualize that the Buddha is sitting in front of you only for you.
3. Buddhas have no expectations, no judgment, for they have no conceptual thought at all. They see where we are and that we could be at no other place.
4. The Buddha is present only to make this moment as beneficial to us as possible, for he seeks nothing but our well being.
5. Even his form is purely for our benefit, made out of pure wisdom energy and so, for the moment, for that reason, visualize him in a way that is suitable to you.
6. The Buddha is on the one hand 'other', in the sense that it is an enlightened being that found freedom before you. And simultaneously, this Buddha is also you. Your future moment when the task to lay down the burden has been accomplished.
7. In front of us is sitting the perfection of personhood, the perfection of insight and of kindness. A kindness without conditions, without qualifications. That is why buddhas are worthy for us to take refuge in.
8. Having taken refuge, we can imagine that the Buddha takes place at the tip of our head. We don't have to remember the visualization, but it allows us to keep feeling protected by a guide who walked the Path before us.
9. Take a moment to explore how that feels, that refuge is trust. While beings in samsara are only trustworthy in limited ways, being under the control of delusions, buddhas work only for the welfare of others.
10. In the presence of the Buddha our body and mind can relax and find the trust that the path that we are about to embark on is actually possible.

### The actual practice

11. In that context we can start our practice of not paying attention again, by first noticing our mind has a tendency to bring with it the troubles of the world, of our daily lives, and that in reality in this present they are absent. For each of us is in a comfortable space, surrounded by a wholesome community, either live or digitally.
12. Explore for a moment how that absence of your daily challenges feels. What happens when you let them go by telling your mind that they are not here? So we may enjoy the absence of the hindrances that these circumstances bring. Instead, for a moment, paying attention to the calm environment that we find ourselves in, the presence of friends on the Path.



13. But then rooms and people are not meditation objects, for that they are too complex. So we can shift our attention towards the earth element, by maybe focusing on that sensation of your sitting, your being held up by the earth. Letting go of the room, the people around you.
14. Noticing how letting go of the perception of the room and the people around you makes the mind deeper, simpler. With another level of disturbance gone. Simply focusing on that sensation of the earth element, hard, solid and supportive.
15. You may spread that sense of the earth element, noticing how it penetrates your body, your room, your house, city, country, valleys and mountains. How it permeates the earth and many worlds beyond. Don't worry about getting it right, just try to feel the earth element as it spreads throughout the universe, limitless.
16. Then you may let go of that characteristic of solidity, hardness, so that nothing but a sense of the infinity of space remains and to feel how that introduces a new level of calm. With every disturbance related to contact, the hindrance now gone.
17. But even space is an interpretation here, an inference, so we can even let that sense of space go and become aware of the infinity of awareness. Knowing how all disturbances with regard to infinite space have now left us, now peace is even deeper than before.
18. Let yourself rest in that state of infinite consciousness, exploring it with a sense of wonder.
19. If distractions nevertheless arise, recognize their illusory aspect, let them go and feel again the joy of relinquishment and the peace that this brings.

**Review and finish**

20. From that place of peace, while trying not to lose it, we can slowly rise from meditation.

*Lightly edited script, not reviewed by Ven. Gendun  
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