



IDMT Meditation Script

February 7, 2026: Equanimity and letting go up to signlessness

Arriving in the present

1. Let's find a comfortable position.
2. Start with a moment of checking the state of our body and mind. Without judgment, simply to know the state of our aggregates, so as always, we meditate with ourselves and not despite ourselves.
3. Noticing as well that when we observe our mind and our body, mindfully, equanimously, that they calm on their own accord, by themselves.
4. We find some contentment in the here and now..

Cultivating a motivation

5. For a moment, we can extend our awareness to all living beings on our beautiful planet, being aware of ourselves as part of the web of life. All creatures, great and small.
6. Above them, in front of us, we can visualize Buddha Shakimuni, seated on a beautiful lotus, with a body made out of radiant light.
7. To remind us of the fact that in this fortunate era, we are all protected by the Buddha, whose compassion is truly unconditional and impartial.
8. We can take a moment to reflect, as the prayer says, that we are all afflicted by holding some close and others distant, and how this affects us.
9. The holding some close leads to fear and loss, the imprisoning of each other and restricting narratives, to tribalism, nationalism, sectarianism, blindness and callousness with regard to the suffering of those that do not belong to our group.
10. Holding others distant leads to judgment and discrimination, conflict and war, restlessness and suffering. It keeps us locked in a circle of harm, from generation to generation and from life to life.
11. So that we may generate the mind of awakening and pray to the Buddha that he may bless us.
12. That we may become Buddhas for the welfare of all living beings, that we may extinguish the fires of hatred and desire, with the cool of equanimity.
13. We can imagine that the Buddha looks upon us with great joy.
14. He dissolves into a golden light that descends into us through our crown, filling our body, our being. Blessing our body, speech and mind, so that we may feel certain that we are going to become Buddhas as well.
15. We may radiate out for a moment this equanimity, the cool of equanimity, to all life, holding them with that same impartiality, for a moment free.

The actual practice

16. Motivated by our spirit of awakening, we can start practicing letting go:
 - *[past and future]* Start by letting go of where our mind dwells the most: past and future, by knowing for ourselves that they don't exist. Try to feel that absence and the peace that this absence brings.





- *[social complexity]* Then we may notice that whether we are in a temple hall or at home, for a moment the difficulties of the world around us are absent: politics, work obligations, family. The temporary absence of complexity, keeping our awareness for a moment on that absence and the peace that it brings. When you get distracted, simply let go again. See if you can hold on to that emptiness of past and future and social complexity.
 - *[earth element]* We can shift our awareness to the earth element in the body: hardness, solidity, weight. Thereby letting go of the characteristics of the space around us. Feeling the earth element, as though it stretches out through our body, our world, our universe, soil, mountains, stars, simply knowing almost all as earth element, as it stretches out to infinity. In doing so, noticing the absence of sensory objects and the peace that this brings.
 - *[infinite space]* You can even try to let go of those characteristics of earth element, solid and heavy, becoming aware of an infinite space. Knowing the absence of the earth element and the peace that this brings.
 - *[infinite consciousness]* We can even let go of the characteristic of space, becoming aware of infinite consciousness: clear and knowing. Now, with the absence of the characteristic of space, our mind becomes even simpler, our peace deeper.
 - *[nothingness]* Even these characteristics we can let go, so we observe nothingness. Feeling the absence of the characteristics of infinite mind and the stillness and peace it brings.
 - *[signlessness]* Finally, we can attempt to let go of even the last signs of nothingness. See if for a moment we can touch that space without any noticeable sign.
17. Don't worry if you get it right, we need time to explore these things by trying again and again. Distractions occur. Don't worry, this will happen for some time to come.
18. They give you the opportunity to let go again, getting better and better at repeated trying.

Review and finish

19. Then, from within this peace, we can slowly rise from meditation.

*Lightly edited script, not reviewed by Ven. Gendun
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