

The Sky — Formless

This is a form of *negative-positive* meditation. The object is a *negative* one and the attention to it is *positive*. Formless meditators say it's not only great therapy — but spiritually true — that our consciousness is vast, free, clear, and it's meant to be so. Somehow we've pulled our awareness into tiny, little experiences of life due to our cave walls, condo walls, car and office walls and ceilings. So, sky meditation with positive attention is a glorious meditation experience and is extremely therapeutic for the boxed-in lifestyle of most people on the planet.

How to Practice

You meditate on the sky or the vastness in your mind (your internal mental sky) with positive attention, paying direct and full attention to the sky or the vastness within.

One of the most beneficial ways to experience meditation and, indeed, acquaint yourself, reestablish yourself, in the way your mind and emotions can both function is to *go outside, lie on your back, and meditate on the sky*. In your meditation on the sky, you gaze at the sky, not at any specific point in the sky. You're meditating with calm eyes on the vastness of the sky, not on a specific cloud. The focus is on the whole sky, not on the birds going past.

Benefits

Negative-positive meditation on the sky can usually, after two months or so, be recalled so vividly that you can sit in your meditation chair with closed eyes and easily maintain the flow of awareness that results from the sky meditation and, abiding in this awareness, experience magnificent high states of centering and connecting.