

## The Lifted Gaze — Open Eyes

It's a marvelous experience of your own being and humanity and of the goodness of life to practice the lifted gaze meditation.

### How to Practice

You gently raise the level of your gaze slightly upward, about 20 to 30 degrees. Don't raise your head. *Lift your eyes gently with the same position of the head.* The angle of your raised gaze should be perfectly comfortable. You should not be straining or pressing to move your eyes up or to hold them up at this slightly higher angle.

While it's best to do this raised gaze meditation outdoors to sense a vast perspective, it's also quite effective indoors as long as you gaze off into the distance of 50 feet away. If you focus on an object close to you, you will find that you do not get the effect of the meditation at all. It must be a gaze, not a stare. It must be focusing off into the distance rather than at some close object.

In time your eyes will want to close. It is extremely valuable to *maintain your mood, attitude, and also the calm gaze* as you close your eyes. Leave your closed eyes at the same slightly raised angle. With this perfect poise established, enjoy a serene state of clarity and freedom from habitual mental and emotional turbulence. You can sit like a celestial king or queen and enjoy, within the confines of your own mind and emotions, a profoundly content state of well-being and inner communion.

### Benefits

You may find, as many do, that raising your gaze slightly makes the clarity of the mind and the mellowness of feeling come more quickly and stay more powerfully. The slightly raised gaze tends to reduce the mental/emotional turbulence more effectively, with a little practice, of course.

You'll find, in time, that this raised gaze tends to also make your intuition more keen. This slightly raised angle of the gaze tends to help you maintain a particularly alert and aware state throughout your meditation.