

PURE AWARENESS

DISCERNING MIND (MIND RUSCHEN)

Innate Awareness (rigpa) versus Conceptual Mind (namtok)

Of the nature of mind

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| Awake Present with what's happening | Lost (past, future, fantasy, dreaming) |
| Open Letting come and go | Contracted, Closed Down Suppressing or reacting |
| Natural, with ease The kind of interest when reading a good book | Created/forced, tiring |
| Metta-ful (kind and friendly) Responsive, sensitive Compassionate | Harsh - Inner critic Aversive |
| Unconditional Inclusive Witnessing Mirroring Allowing/Letting Be/non-interfering | Conditional Dualities of: <ul style="list-style-type: none"> ○ Good/bad ○ Accepting/rejecting ○ Wanting/not wanting ○ Supposed to/not supposed to ○ Making happen/repressing |
| Spacious The space of awareness always bigger than what happens in that space. There is no limit to what can show itself in that space | Tight, rigid, constricted Hooked by/sucked into the content Relating to experience as opposed to each other rather than co-existing |
| Heart & body informed | Stuck in the head Conceptual, story-based |
| Bare cognition and experience Before interpretation or labeling The raw data | Analyzing Imagining Adding, improving, dressing up Subtracting |
| Undistracted | Heedless Chasing and identifying with distraction |

← **LEARNING ATTITUDE** →

EXPERIENCING RIGPA AS DISCERNED FROM CONCEPTUAL MIND

Celebrate any moment of awakening to rigpa.

If you fall into discouragement when you see conceptualizing mind, you miss the awareness (rigpa) that knows.