

A Meditation

on “WHAT IS THIS?”



The question, “What is this?”, is a technique that serves as an antidote to thoughts that are causing distraction. When used, it serves as a sharp sword. Nothing can remain on the tip of its sharp blade. By asking the question deeply, from the depth of your being, you are opening yourself to the whole of your experience, with a deep sense of wonderment and awe.

Remember, energy follows intention. Eventually, you can ask this question whenever and wherever you find yourself.

- ✘ Sit in a quiet or secluded place. Keep your back supple and straight. Remain poised, at each, and attentive.
- ✘ With the first few breaths, connect the question, “*What is this?*” to the out-breath. As you breath out, ask, “*What is this?*”
- ✘ The question is not to be repeated as a mantra, because the intention is to ask the question with a sense of inquiry. You are cultivating a sensation of perplexity and asking unconditionally, “*What is this?*”

- ✘ The effort is not an intellectual inquiry. You are not trying to solve this question with speculation or logic.
- ✘ Attempt not to keep the question in your head. Relax your body, inner voice, and mind to proceed. Ask the question as if it were coming from your belly.
- ✘ With the whole of your being, you are asking: *What is this? What is this?*

- ✘ You are asking the question because you do not know what is causing the distraction.
- ✘ If you become distracted, come back to the question again and again.

- ✘ When the session—make it at least three minutes—move your shoulders, flex your back, and shake/stretch your legs before getting up with a fresh and quiet awareness.

Butter on the Head

- ✘ Imagine on the crown of your head a lump of gold-colored butter.
- ✘ Let the gold-colored butter slowly melt as it runs down over your butter. As it runs down, imagine that all stress and tension in the body disappears—

The gold-colored butter very slowly flows over your forehead, all muscles relax.

It runs down over your eyes and cheeks. Your whole face relaxes.

It runs along the back of your head, neck, and shoulders.

Feel how much tension is there. Let the tension go.

It runs down your arms and hands, the chest, belly, along the spine. The entire back relaxes.

It runs down your legs and feet.

- ✘ Imagine the entire body is covered in golden butter and notice that your health is now radiate and clear as melted butter. It is translucent.
- ✘ Go over the entire body again, visualizing yourself as translucent golden butter and breathe out deeply all the remaining stress.

Eliminating Past and Future

- ✘ Rest the hands, palms down on the legs and watch the breath.
- ✘ When the mind wanders off to a thought, identify the thought as being a thought of the past or a thought of the future. Whenever such thought arises, mentally note it as “memory.”
- ✘ When the thought is of the future, tap your right leg. Whenever such thought arises, mentally note it as “fantasy.”
- ✘ When the thought is of the past, tap your left leg.
- ✘ When the thought is present, remain in natural great peace.