

No Mind Meditations Anytime Anywhere

Sat Mindo



Awareness is Freedom from the Mind

1. Notice the I-Feeling, remove all thoughts
2. Stay with the I-Feeling without thinking, just feeling
3. Are you Aware of the I-Feeling? Yes? Confirm
4. Who is Having the I-Feeling?
5. Awareness is Already Aware of the I-Feeling
6. Stay Aware of the I-Feeling as Awareness
7. Awareness is freedom

Freedom from the “I” Function

1. Pause for a moment
2. From where do the thoughts come?
3. From the “I”
4. Slowly repeat inside you I-I (twice I) and again I-I. I-I. I-I..... 5.
- Continue repeating until you see that ALL thoughts come from this “I” 6.
- Clearly that’s the case
7. That is the source of your Identity
8. You are Aware of the I, you are free as Awareness

Hard Truth will Set You Free!

1. Pause for a moment, do not think
2. Are you Aware already of this present moment? Yes? Confirm
3. Awareness is the Boundless Light
4. Why do you need to think? Isn’t it slow?
5. It is easier to think, because there is weakness
6. It is hard to stay as Boundless Awareness
7. The Mind is holding you in it’s grip!
8. But the Mind is seen in your Awareness
9. So stay in Awareness, just seeing...
10. Witness your limitations being burned out
11. Be Free!