

WEEK 2: Space, Mind and Inquiry

The reading for this week, from DTS, is very closely linked to the practice we are doing, Layers of Mind.

Rinpoche writes that the mind cannot be the *object* of knowledge; instead, mind can be “in partnership” with mind. This is a wonderful way of describing the approach we are taking, which is to be aware of the mind in action, the layers of mental activity. The awareness of what is happening in our experience enters into partnership with our experience.

There is another illuminating phrase on page xxxi, where Rinpoche writes that we need to shift from the content of mind to the movements and rhythms of the mind. That is what we are aiming at.

You might want to start thinking about how this connects to space. The basic idea is that the focus on contents is very much like the focus in perception on *what* we are perceiving, which is what leads to think of space as “what contains content.”

Let's stay with the same practice for now. If you want to come it from a slightly different perspective, you could compare TSK Exercise 7, Body, Mind, Thought Interplay. It's very similar. But I think it is good to stay with our basic exploration. It's like practicing scales on the piano before you start to play music. The analogy is pretty good, because really every piece of music is just a variation on the scales that you start off with.

Please do write posts on the site, and participate in the telephone call if you can. We have about 25 people taking part, so there should be lively discussion. Short comments are especially welcome, and if you plan on writing only a few sentences, it will probably make it easier for you to get started.

Jack