

THE PATH OF MEDITATION AS DEPICTED BY THE TEN OXHERDING PICTURES

Searching for the Truth



Taking the backward step
Turning the light of inquiry inward
The gross movements of my body
Are recognized as messengers
Revealing the radiance of unbounded Self

Discovering Footprints



Breathing in, breathing out
Thoughts fall away
Uncovering the subtle energy body
Radiating joy and physical well being
Moving, flowing, changing.

Perceiving Truth



So many feelings and emotions
The continual dance of opposites
Welcoming the good, the bad, and the ugly
Moving beyond this and that
At play in the fields of the Lord

Catching Truth



Thoughts, images, and beliefs
Tugging like a child at my sleeve
What are they asking of me?
Letting go of the limitations of knowing
I am released from attachment and aversion

THE PATH OF MEDITATION AS DEPICTED BY THE TEN OXHERDING PICTURES

Taming Truth



Thoughts, feelings, emotions
Layers of an onion
Peeling them back within inquiry
I am released from my perceived limitations
Into joy, bliss, and love.

Riding Truth Home



Amidst this kaleidoscope of thoughts, feelings, emotions
Everywhere I go, there I am
Subject and object are not two
Witnessing all that appears and disappears
Without separation

Truth Transcended



Abiding within emptiness
I am spacious and timeless
Perfect and complete
Everywhere and nowhere
Empty and full

Self Transcended



Feeling into itself
The sense of "I-ness" is witnessed
As it arises and passes away
Without a trace
Within witnessing awareness

THE PATH OF MEDITATION AS DEPICTED BY THE TEN OXHERDING PICTURES

Reaching the Source



Recognizing the formlessness of all objects

The “ego-I” sense falls away

No Witness ... just Being Witnessing

No Observer ... just Being Observing

No self ... just This! This! This! This!

In the World Everything Just As It Is



Carrying water

Chopping wood

My everyday activity

Is the functioning of Siva ...

Sacred, perfect and complete