

“One moment makes the difference.
In one moment complete enlightenment.
That moment is the unmistakable Buddha Mind.
Don’t project outwardly
Don’t concentrate inwardly.
Don’t keep a state in between.
Totally give up any effort.
It’s what’s called sheer emptiness.
You don’t need to block the five senses, not at all.
Everything is vividly experienced.”

Tulku Urgyen

Some ‘great meditators’, male and female, think they cannot recognize the nature of mind.

Some ‘great meditators’ say that it is difficult to sustain the nature of mind.

Some ‘great meditators’ don’t allow the mind to settle in itself, as it should. Instead, they mistakenly use the mind to look outside or to search within.

From - Self-Liberating Meditation:

A Profound Method for Attaining Enlightenment according to the Ultimate Great Perfection
by Patrul Rinpoche