

Formless Meditation Instruction from VCTR

- 1. Follow the in and out rhythm of the breath until it becomes calm and tranquil.**
- 2. Rest the mind on the breath until one's whole being seems to be identified with it.**
- 3. Become aware of the breath leaving the body and going out into space.**
- 4. Gradually transfer the attention from the breath towards the sensation of spaciousness and expansion.**
- 5. Let this final sensation merge into complete openness.**