

Like a Fish Leaping from Water

As soon as a thought has arisen, it has ceased. Like an ocean wave that has dissolved into the ocean, it has ceased. There is no need to pursue it. There is no need to pursue thoughts that have passed. When you realize that a thought has arisen and think, "I will look at that thought," look nakedly at whatever thought arises in the present and relax. Looked at and looker both appear. Do not look at the object. Look inward at the looker...

In the tradition of mahamudra and ati, this is called "focusing upon awareness alone."... Awareness looks at awareness. You must do that a lot.

Like a fish leaping from water,
A thought arises suddenly.
Look nakedly at its nature.
Then look at awareness alone.
In the end awareness settles into itself.

Khenpo Tsultrim Gyamtso Rinpoche, *Mahamudra Vipashyana*, Karmê Chöling, Summer 1993, p. 199, translated by Jules B. Levinson