



‘The Forecast: Sunny and Clear’

An Excerpt From *Awakening the Sacred Body*, by Tenzin Wangyal Rinpoche

The awareness of openness is like the sun shining in a clear sky. If the sun is shining, there is warmth in the space. If there is awareness of openness in the central channel, there is warmth in the central channel, in the core of your being. When there is warmth in the core of your being, that warmth gives birth to positive qualities that flower internally and benefit your life. The longer you are able to remain in meditation while being open and aware, the more you will feel the warmth of awareness in that open space. The more warmth you feel, the more chances that positive qualities will manifest.

As we release anger, we develop love and other positive qualities. As we release attachment, we connect with the inherent richness of our being. As we release doubt, we develop confidence. Confidence flowers as a result of becoming aware of and trusting the clear opening within you. Imagine sunshine coming through a window where a plant grows. The sun is not saying, “Please open the window. I need permission to talk to the flower. Maybe the flower does not want me to shine on it.” The sun has none of those doubts, nor does the flower. Through stillness, through silence, and through pure nonconceptual, thought-free awareness you make genuine contact with the sky of your being. Your recognition of this inner spaciousness is the sun that shines. As you are able to increase the time of that recognition, of that contact — as you are able to abide, or rest, in that spaciousness — the flower of your being grows. The internal warmth of your clear and open awareness allows the flowering of infinite positive qualities in your life.

From *Awakening the Sacred Body*, by Tenzin Wangyal Rinpoche. Marcy Vaughn, Ed. Hay House, 2011.

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