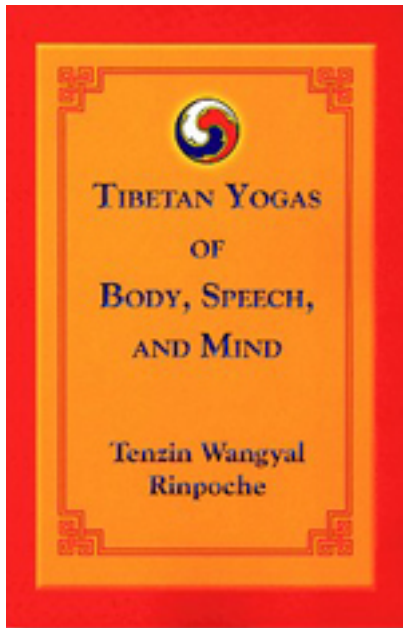




A Question for Rinpoche

Easing Into Spaciousness



In January, *Tricycle Magazine* invited Tenzin Wangyal Rinpoche to host a monthlong book club discussion group on *Tricycle's* website related to his latest book, [Tibetan Yogas of Body, Speech and Mind](#). The workshop is over, but you can view the Qs and As and listen to a related audio interview [here](#).

During the discussion, a student asked this question of Rinpoche:

Q: How can one become more comfortable with a sense of spaciousness during meditation practice?

A: Generally speaking, experiences of space and openness can be very empowering and strengthening for some people. For others, these experiences can be very comforting, peaceful and blissful. For still others, connecting with a sense of spaciousness can feel threatening at times, because it requires letting go of the pain body, of one's limited, conditional identity. During meditation practice you can ease this discomfort by progressively letting go of things, allowing yourself to connect and find comfort with whatever small amount of spaciousness you are experiencing, so you are gradually opening to the space, rather than immediately going fully into it.