

Meditation on the Conventional Nature of the Mind

“To say that the mind is empty of form is to say simply
that it lacks any physical properties.”

— Geshe Kelsang Gyatso
Clear Light of Bliss

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Contemplation

- a) The mind lacks any physical properties—a stream of consciousness with no color, shape, sound, smell or tactile properties.
- b) Anything that lacks physical properties is formless, or non-physical, by nature.
- c) Something that is form, or physical by nature, has physical properties.

Meditation

- The mind is formless.