

Sky gazing is a practice that invites us to naturally soften the mind as we open to the vast, expansive, open nature of awareness that is present within each of us just as much as it is in the sky above.

The sky is a wonderful metaphor for awareness, and it is used in various meditation practices. When we consider that our awareness is the sky and the thoughts and feelings we experience are like clouds, we deepen our understanding of the transitory nature of experience. As we become like the sky, we are able to watch the clouds (or thoughts) that pass by without attachment to them.