

WANDERER
March 3, 2013

By Michael Erlewine (Michael@Erlewine.net)

All of this,
Gone,
And none of it,
Going,
Not even,
My Self.

Awake,
From this dream,
I've been dreaming ...

Senseless,
But not,
Mindless.

A little poem from the edges of today, realizing once again that at death and once in the bardo we will have no sense at all, because common sense and the senses are things of the body. But we will have a mind, even if we don't know it. Whether it will have a steering wheel is up to us.

Meanwhile, here are eight short videos that amount to a mini-course in mindfulness and meditation from the "Dharma Grooves" series "Learning Basic Meditation."

Part 1

<http://www.youtube.com/watch?v=7VCOzW8hlgY>

Part 2

<http://www.youtube.com/watch?v=TFLDEOOzr18>

Part 3

<http://www.youtube.com/watch?v=9qVRhWCHhal>

Part 4

<http://www.youtube.com/watch?v=mZm4A5p-epQ>

Part 5

<http://www.youtube.com/watch?v=wNGa-Oq2qIY>

Part 6

<http://www.youtube.com/watch?v=wC4OMLomzIA>

Part 7

<http://www.youtube.com/watch?v=pLkYtlw0sQo>

Part 8

<http://www.youtube.com/watch?v=FLtcrHY8pZg>

