Open Circle Mindfulness Raleigh
REVIEW, REFLECT & PRACTICE
Session 73, Oct 1, 2026
https://www.opencirclemindfulnessraleigh.org/review-reflect-practice



Boundless Space

I was on retreat this past weekend with Lama John Makransky and Rachel Cronin. Rachel opened the retreat by sharing a quotation from Tenzin Wangyal Rinpoche about three aspects of our innate, awakened nature:

> "Unbounded space is a great gift.
> Infinite awareness is a great gift.
> And natural, spontaneous warmth is a great gift.
> These gifts are already in us at this moment.
> As you recognize this, you come to know this.
> This knowing becomes the greatest resource in your life."
> — Tenzin Wangyal Rinpoche, from *Luminous Mind*

These "gifts," she reminded us, are already within us. Becoming familiar with them can become one of our deepest resources in life.

In Buddhist language, these qualities point to our innate capacity for awakening, sometimes called our deepest goodness or our *Buddha nature*. Other traditions use

different language—divine presence, the image of God, our true Self, presence, being, or natural or primordial awareness. Whatever words we use, the invitation is to become more familiar with the deepest and truest qualities of our own heart.

And yet we might wonder: *Why are the moments when we connect with this deeper dimension of ourselves—with openness, awareness, wisdom, kindness, compassion, peace, and well-being—often so fleeting? Why don't we experience these qualities all the time? What keeps us from recognizing what is already here?*

One way Buddhist psychology understands this is that we become identified with the ongoing reactivity of the mind—its seemingly endless efforts to manage and control, judge and compare, criticize, worry, ruminate, and strive for something more, better, or different. Caught up in these habitual patterns, we can lose touch with the deeper resource of spaciousness, awareness, warmth, love, and compassion that is already available within us.

Sustainable Compassion Training (SCT) offers meditation practices that help us interrupt these habitual patterns and evoke our innate capacities for wisdom, kindness, compassion, peace, and well-being.

Another quotation from John Makransky was shared during the retreat:

> "The purpose of sustainable compassion training meditations is to interrupt the ego-identified patterning of mind in ways that allow the qualities of our innate enlightened capacity to manifest, to align us with our Buddha nature, the primordial goodness of our being, so we can become present to others from there." — John Makransky

SCT practice helps interrupt our identification with habitual agendas and dramas and helps evoke qualities that are already present within us including spaciousness, openness, clarity, tenderness, connection, open-heartedness, unconditional love and compassion, and the sense of being deeply seen and held.

For daily meditation practice this week: Practice along with reading the text of Meditations #1 and #2 in *Meditations of Innate Love & Wisdom*.

May any benefit of our practice this week ripple out to all those we encounter and contribute to the healing and transformation of our world.

Betsy

Resources:
Sustainable Compassion Training https://sustainablecompassion.org
Open Circle Meditation Raleigh https://www.opencirclemindfulnessraleigh.org
How Compassion Works by John Makransky & Paul Condon (2025)

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