Khenpo Tsultrim's teaching on this kind of example found in the 100 thousand Songs of Milarepa. This is a teaching that Milarepa gave to his female disciple Paldarbum who meditated in Mountain Retreat in Tibet:

*Paldarbum’s Questions on her Experiences:*

Please listen, Jetsun Rinpoche,

Supreme among men,

An emanation of the Buddha

Meditating on   the sky   is easy for me

But the southern clouds   are slightly difficult

Please tell me how   to meditate   on clouds

Meditating on   sun and moon   is easy for me

But stars and planets   make me uneasy

Please tell me how   to meditate   on them

Meditating on   the mountain   is easy for me

But its plants and trees   are slightly difficult

Please tell me how   to meditate   on them

Meditating on   the ocean   is easy for me

But to meditate on   waves makes me uneasy

Please tell me how   to meditate   on waves

Meditating on my mind   is easy for me

But to meditate on thoughts   is slightly difficult

Please tell me how   to meditate   on thoughts.

*How to Remove Hindrances and Enhance the Practice:*

Listen, lady Paldarbum

Faithful, wealthy maiden!

If meditating   with the example   of   the sky   is as easy as you say

Clouds   are just   the sky’s play

So, stay    within   the depths   of sky   itself

If meditating   with the example    of    sun and moon    is as easy as you say

Stars   and   planets   are    but its play

Settle in    the state    of the sun   and moon

If meditating   with the example   of   the mountain    is as easy as you say

Plants   and trees   are   but its play

So, stay   right with   the mountain    itself

If meditating   with the example   of    the ocean   is as easy as you say

Waves are   just   the ocean’s play

Settle   within   the depths   of the ocean   itself.

If meditating    on your mind itself    is as easy as you say

Thoughts   are    but    your mind’s play

So, stay    within   the depth   of mind   itself