

FORMS OF MEDITATION

THOUGHTLESS
LIKE BIRDS IN THE MORNING
NOT ASLEEP BUT IN A STATE OF THOUGHTLESSNESS
PASSIVE COLITATION WITHOUT FOCUSED ATTENTION
THOUGHTS DRIFT THRU THE MIND

CALM-ABIDING

FOCUSED ATTENTION
FOR EXAMPLES: RELIGIOUS BELIEVERS
SINGLE POINTED FOCUS ON GOD
SECULAR APPROACH
FOR EXAMPLES: FOCUS ON BREATH, MANTRA OR CANDLE

MEDITATE
A
QUIET THE MIND

ANALYTIC MEDITATION
MENTAL INVESTIGATION
SEE THOUGHTS AS THOUGHTS
DON'T BE CHAINED TO THEM

OBSERVE & ASK

WHAT IS REALITY?
WHAT IS THE SELF?
WHAT IS THE FOCUS OF OUR CONCERN?

CONTEMPLATE

NATURE OF IMPERMANENCE
TRANSIENT NATURE OF OUR EXISTENCE

