

| Steps | Notes |
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| First Tetrad -Withdrawing and Calming | |
| <i>Directed</i> focused awareness using the breath | We used the breath centers, and measured the long and short breaths – just one way to create seclusion and calmness - Samatha |
| <i>Spacious</i> Whole-Body Breath Awareness <i>Calming</i> the Body | We combined steps 1,2,3,4 by measuring the breath, as we used a roadmap of breath energy centers to feel the breath in the whole body |
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| Second Tetrad – Aware of Nourishing Energy | |
| Sensitivity to Breath <i>Energy</i> (pīti-sukha) | Nourishing ourselves in the pleasant ease of the breath energy, releasing energy from thinking and emotions |
| <i>Abiding</i> with Ease <i>Anchoring</i> here | |
| <i>Calming</i> the thoughts and emotions | |
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| Third Tetrad – Moving into Vipassana | |
| Awareness of <i>Mind</i> | Opening to all states of heart & mind. |
| Brightening, <i>Energizing</i> | Using our recollection of the basic wholesomeness of this effort to energize the mind |
| <i>Choiceless</i> Awareness | Stabilizing the mind by moment-to-moment awareness |
| <i>Knowing</i> obstacles and freedom-from-obstacles. Knowing wholesome and non-wholesome | Knowing when the mind is free and when it is ‘fettered’. We see what we like, what we don’t like, and when we get hooked |
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| Fourth Tetrad - Investigation and Equanimity | Wisdom and Liberation |
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| Impermanence | Seeing the impermanence of all phenomena |
| Dispassion | Regarding everything as natural, whether we like it or don’t |
| Cessation | When there is no ‘selfing’, we know that cessation. |
| Letting Go | Accepting things as they are, not as ‘me or mine’. It’s not that personal. It’s not worth clinging to. It’s all nature. |
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