

	Steps	Notes
	<b>First Tetrad -Withdrawing and Calming</b>	
1	<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
2	<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
	<b>Second Tetrad – Aware of Nourishing Energy</b>	
	Sensitivity to Breath <i>Energy</i> (pīti-sukha)	Nourishing ourselves in the pleasant ease of the breath energy, releasing energy from thinking and emotions
3	<i>Abiding</i> with Ease <i>Anchoring</i> here <i>Calming</i> the thoughts and emotions	
	<b>Third Tetrad – Moving into Vipassana</b>	
4	Awareness of <i>Mind</i>	Opening to all states of heart & mind.
5	Brightening, <i>Energizing</i>	Using our recollection of the basic wholesomeness of this effort to energize the mind
6	<i>Choiceless</i> Awareness	Stabilizing the mind by moment-to-moment awareness
7	<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
8	<b>Fourth Tetrad - Investigation and Equanimity</b>	Wisdom and Liberation
	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.