

	Steps	Notes
	<b>First Tetrad -Withdrawing and Calming</b>	
1	<i>Directed</i> focused awareness using the breath	We used the breath centers, and measuring the long and short breath – 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 ourself 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 caught
8	<b>Fourth Tetrad - Investigation and Equanimity</b>	Wisdom and Liberation
	Impermanence	Seeing the impermanence of all phenomena
	Dispassion	We see what we like, what we don't like, and when we get hooked
	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 clingingto. It's all nature.