

Levels of Meditation

3 LEVELS OF MEDITATION

going beyond mindfulness



PRESENCE 1



pay attention to what's happening in the present moment.



notice tension in the body and mind, and **relax**.



let go of distracting thoughts + train in staying present.



rest awareness in **open space**.



allow **stillness** in the body and silence in the **mind**.



find a **balance** between attention and relaxation.

INQUIRY 3



with the eye of awareness, **look directly** at awareness.



explore: what is this awareness made of? what am I? who am I? forget what you think you know, and inquire with an open expectation of an answer.



if an insight arises, rest in it without grasping, then return to the fundamental **mystery** of being

STILLNESS 2



GastroDoxs
defenders of the digestive system