

MEDITATION ESSENTIALS 01:

# The Basis of Meditation

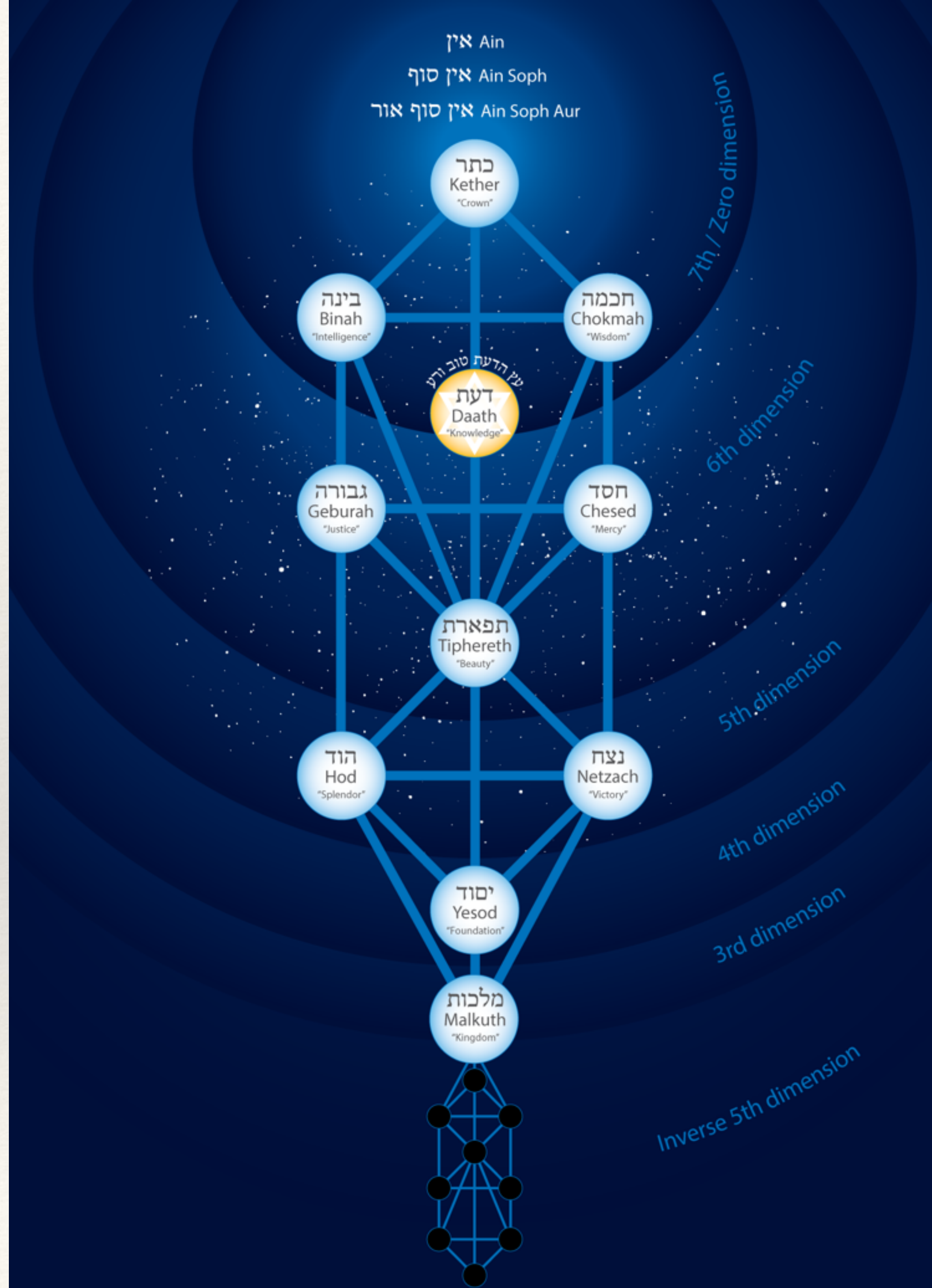




# 1. Observation of Facts

## 2. Consciousness

“Soul, Buddha nature, Essence”



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# Past Levels of Teaching

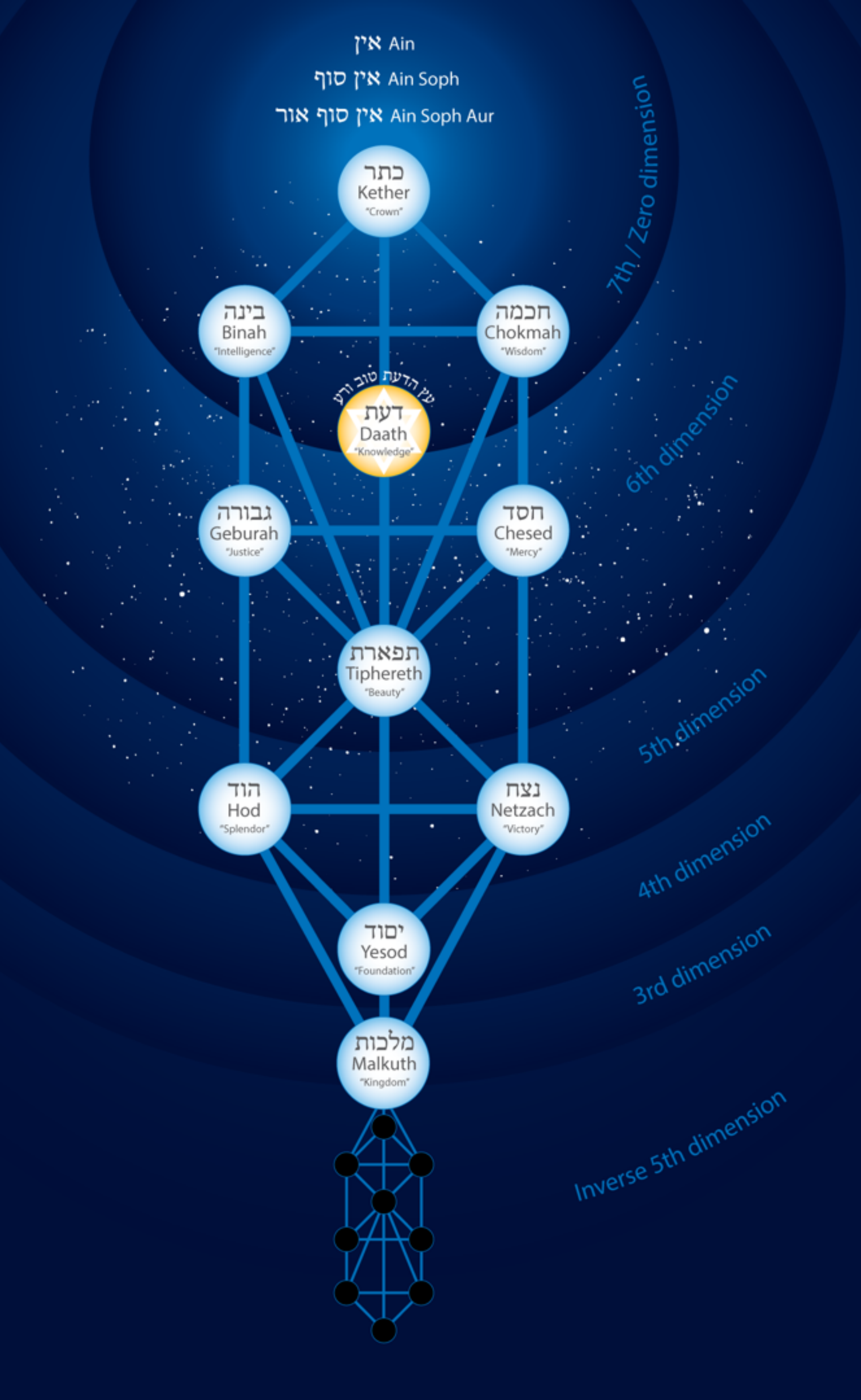
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- ❖ **Introductory**: Sutrayana, Exoteric
- ❖ **Intermediate**: Mahayana, Mesoteric
- ❖ **Advanced**: Tantrayana, Esoteric

Concentration + Imagination = Meditation

Shamatha + Vipashyana = Samadhi

Calm Abiding + Insight



3. **Prajna**: Profound Wisdom

2. **Samadhi**: Ecstasy

1. **Sila**: Ethics



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# Ethics / Sila

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- ❖ Sanskrit शीलः: "tendency, habit, custom, way of living or acting, shape, usage, virtue, practice"

# Stages of Concentration

