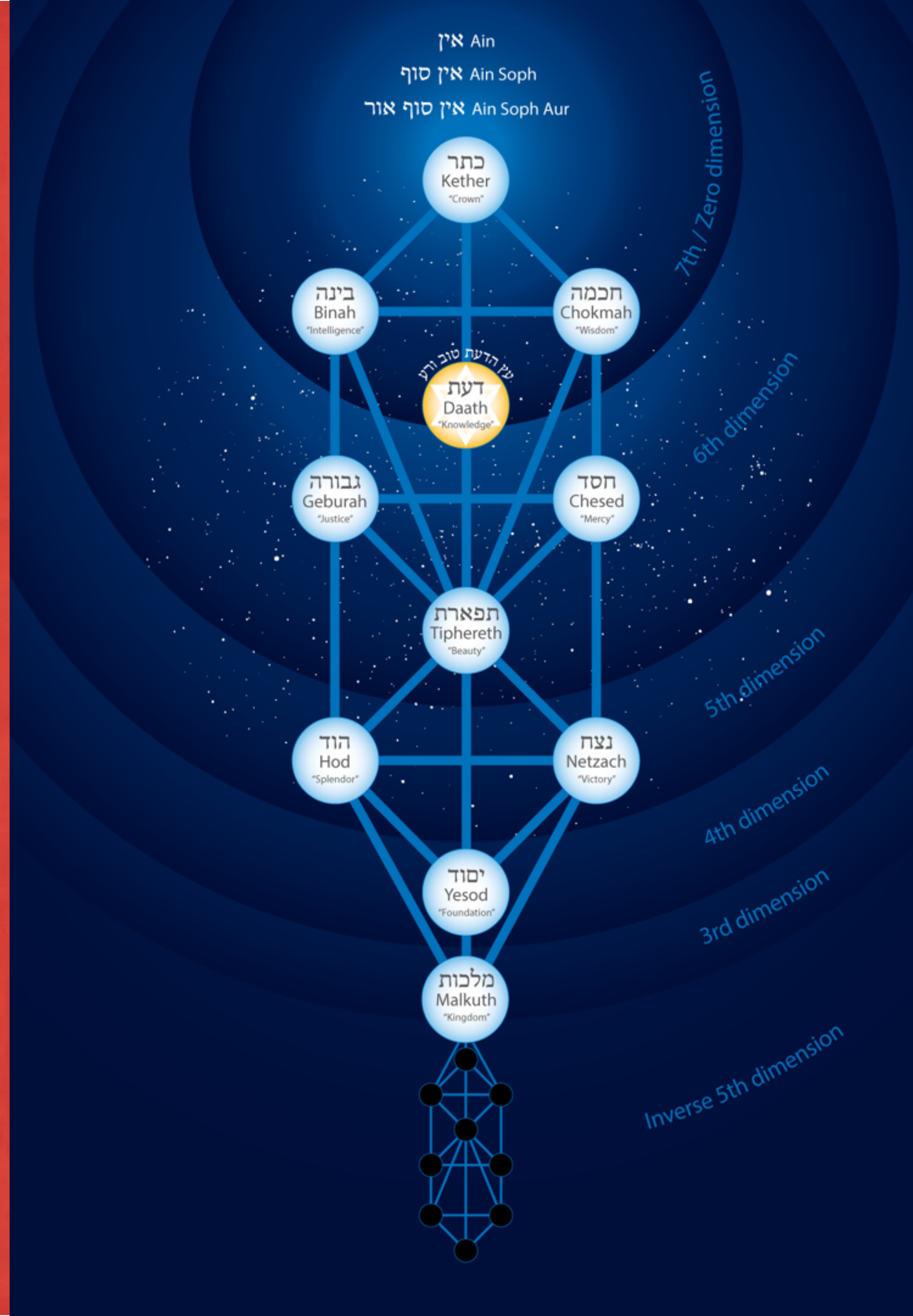


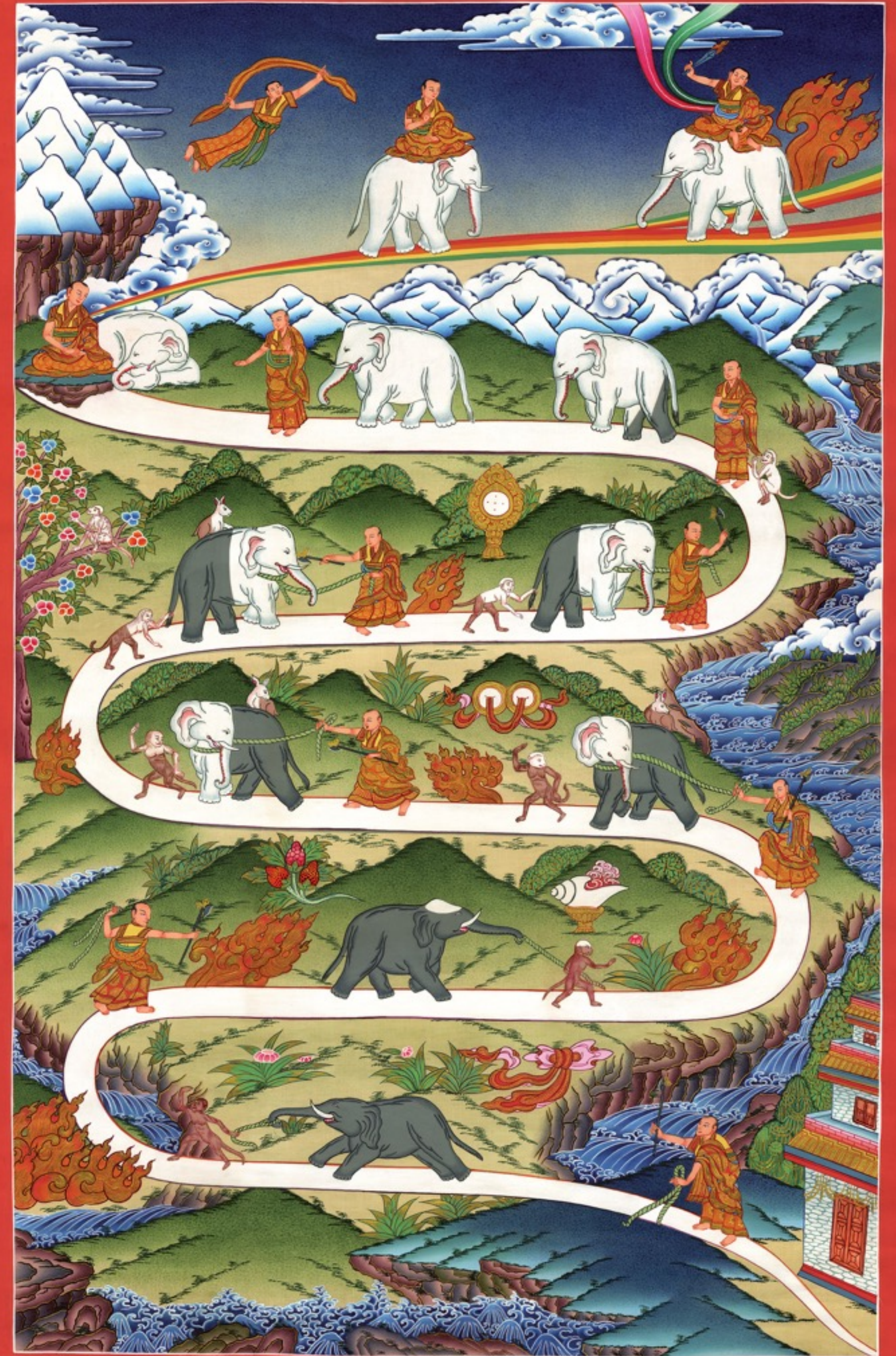
MEDITATION ESSENTIALS 05:

The Path to Meditation





1. **Sila:** Ethics
2. **Samadhi:** Ecstasy
3. **Prajna:** Profound Wisdom



Concentration + Imagination = Meditation

Calm Abiding + Insight = Ecstasy

Shamatha + Vipashyana = Samadhi

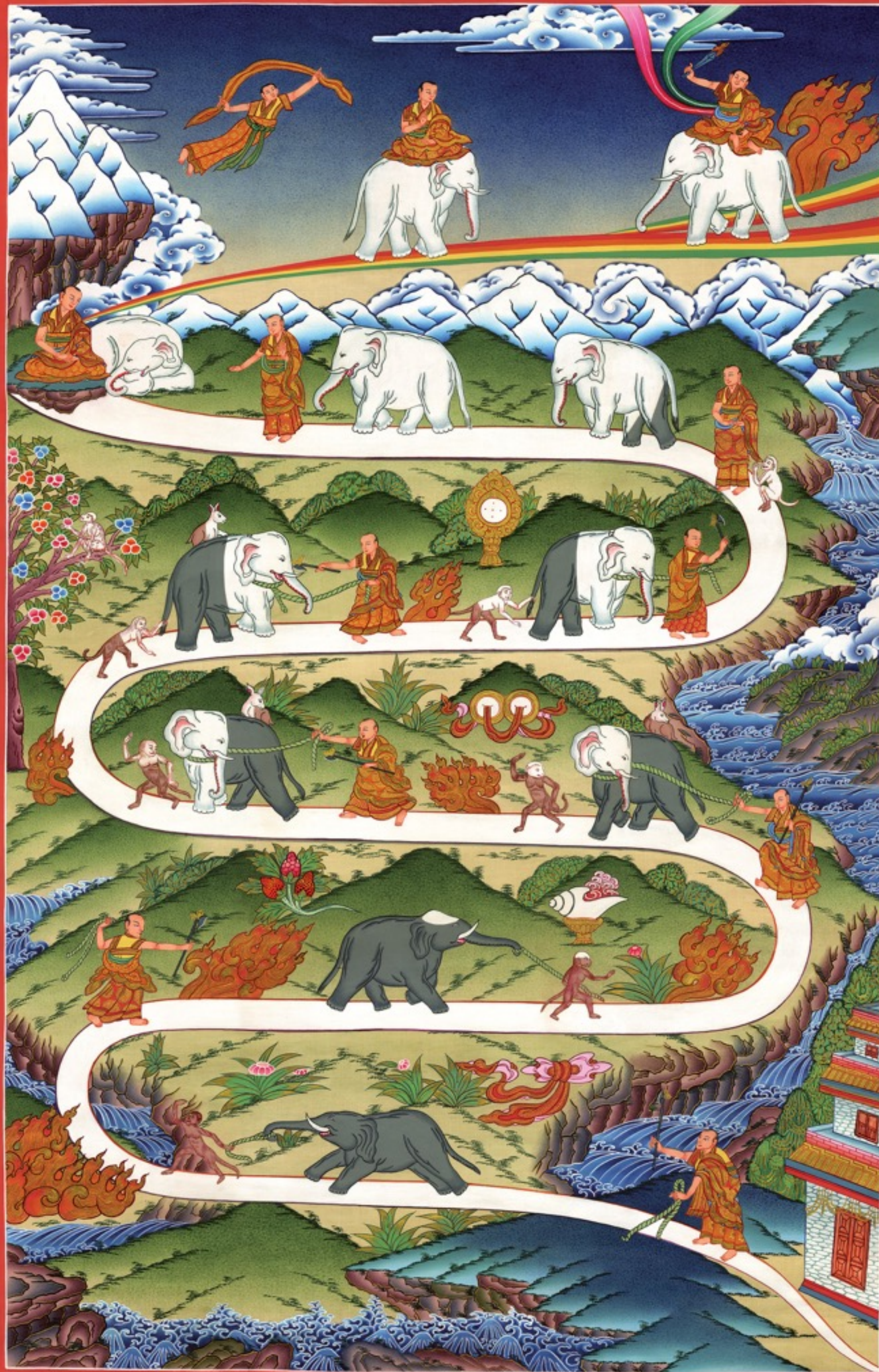
Concentration

Calm Abiding

Shamatha

One-pointedness

Directed Attention



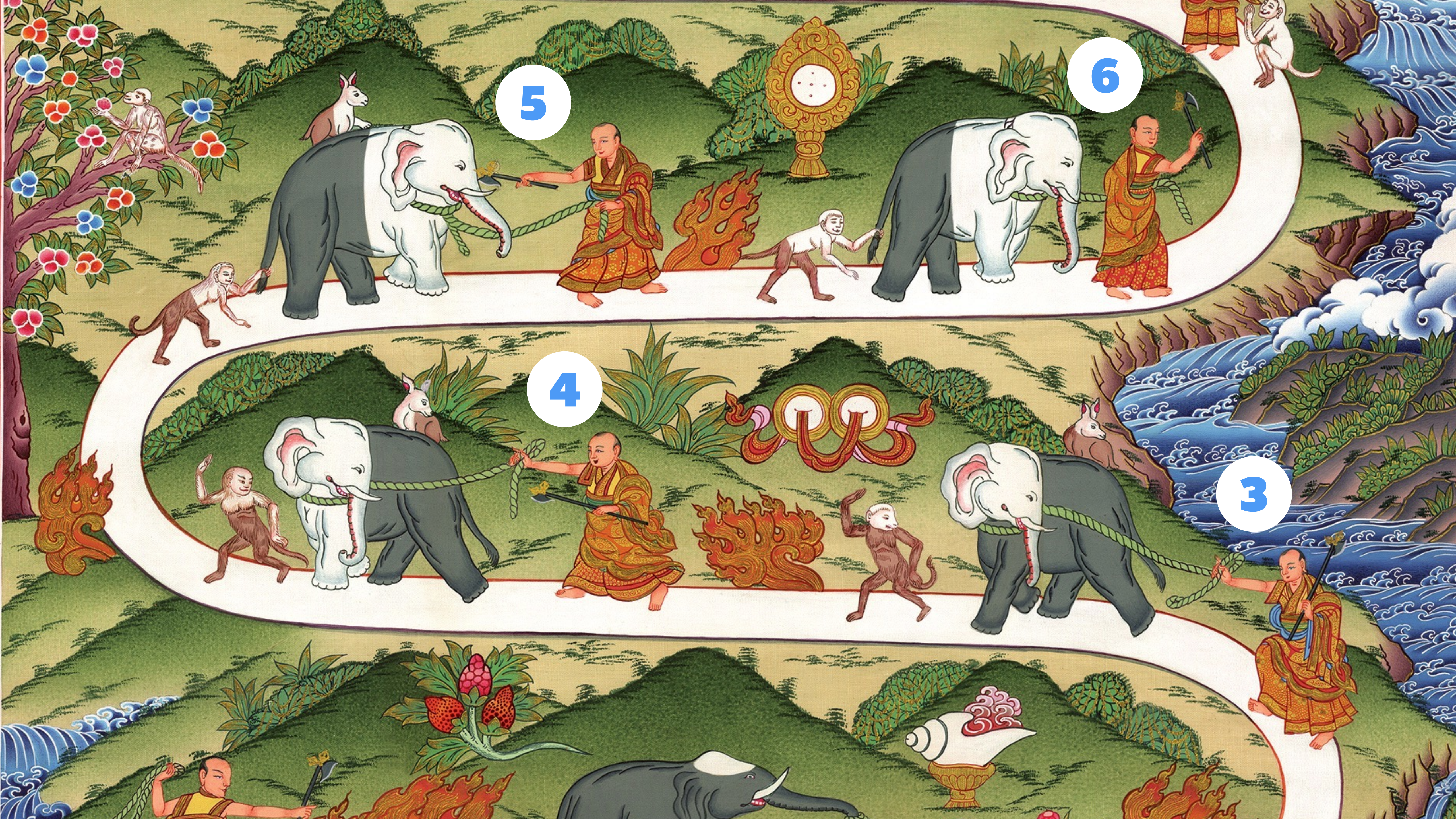
Stages of Meditative Concentration

2



1



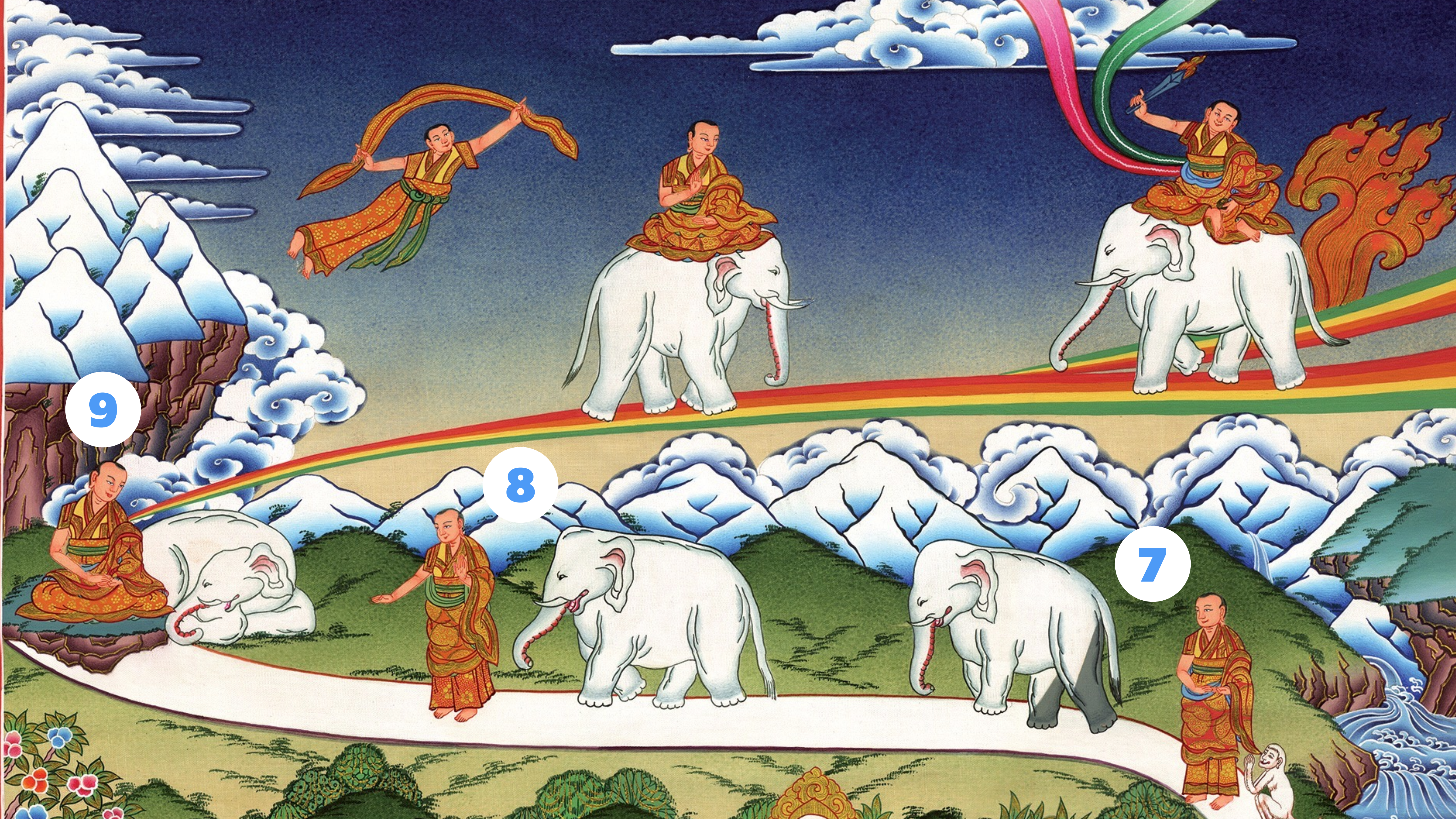


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9

8

7



Action and Consequence

1. Law of cause and effect
2. Effects are greater than the cause
3. You cannot receive the consequence without committing its corresponding action
4. Once an action is performed, the consequence cannot be erased
5. A superior law always overcomes an inferior one

Exercises

1. Every day, develop your **self-observation** from moment to moment. Also extend your mindfulness: the length of time that you are aware of yourself.
2. Every day, develop your **meditative concentration**. Adopt a meditation posture, relax completely, then focus 100% attention on your chosen object.
3. Write the facts of your day in your spiritual diary.