

MEDITATION ESSENTIALS 08:

Deepening Serenity





Concentration / Serenity

Distinguishing features:

1. vivid intensity, intense mental clarity
2. stability, one-pointedness



Stages of Tight Focus

1. **Settle the psyche.** Achieved through "hearing."
2. **Settling continually.** Achieved through "reflection."



Stages of Intermittent Focus

3. Patched placement -
4. Close placement.
Achieved through
"mindfulness."
5. Taming -
6. Pacification.
Achieved through
"vigilance."
7. Complete pacification.
Achieved through
"enthusiasm."



Stage of Uninterrupted Focus

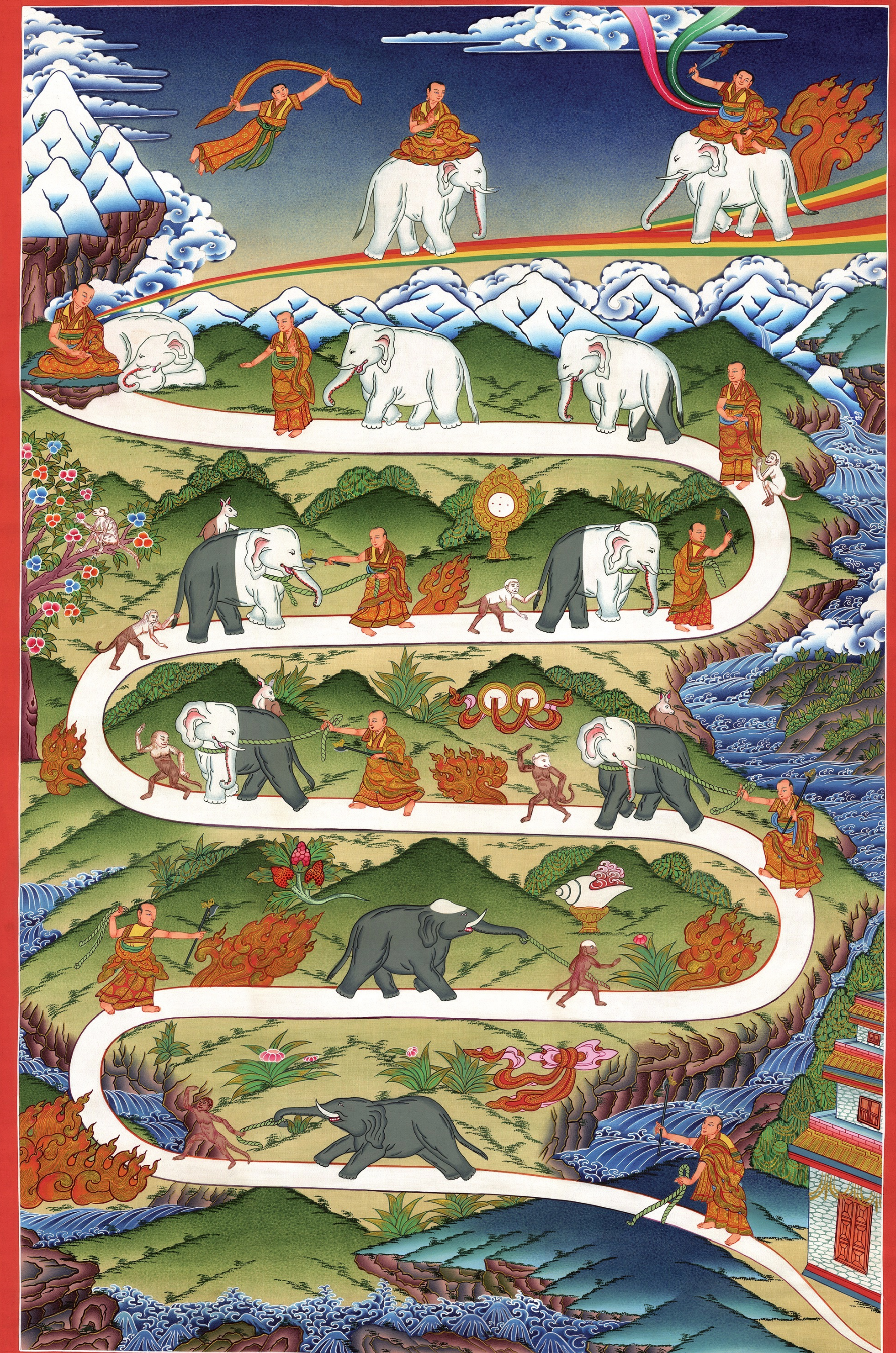
8. **One-pointed placement.**
Achieved through "enthusiasm."

Stage of Spontaneous Focus

9. **Balanced Placement.**
Achieved through "familiarity."

Stages of Effort

- 1-2. **Tight focus.**
Requires strenuous effort.
- 3-7. **Intermittent Focus.**
Interference of agitation and dullness.
Unable to maintain long sessions.
8. **Uninterrupted Focus.**
No interference by agitation or dullness.
Able to maintain long sessions.
9. **Spontaneous Focus.**
No interference, no exertion. Effortless focus.



Divine Soul /
Divine Consciousness

גבורה
Geburah
"Justice"

חסד
Chesed
"Mercy"

Spirit / Atman

תפארת
Tiphereth
"Beauty"

Willpower / Human Soul

Emotion /
Astral

הוד
Hod
"Splendor"

נצח
Netzach
"Victory"

Thought

Vitality / Ethereal / Chi

יסוד
Yesod
"Foundation"

Physicality

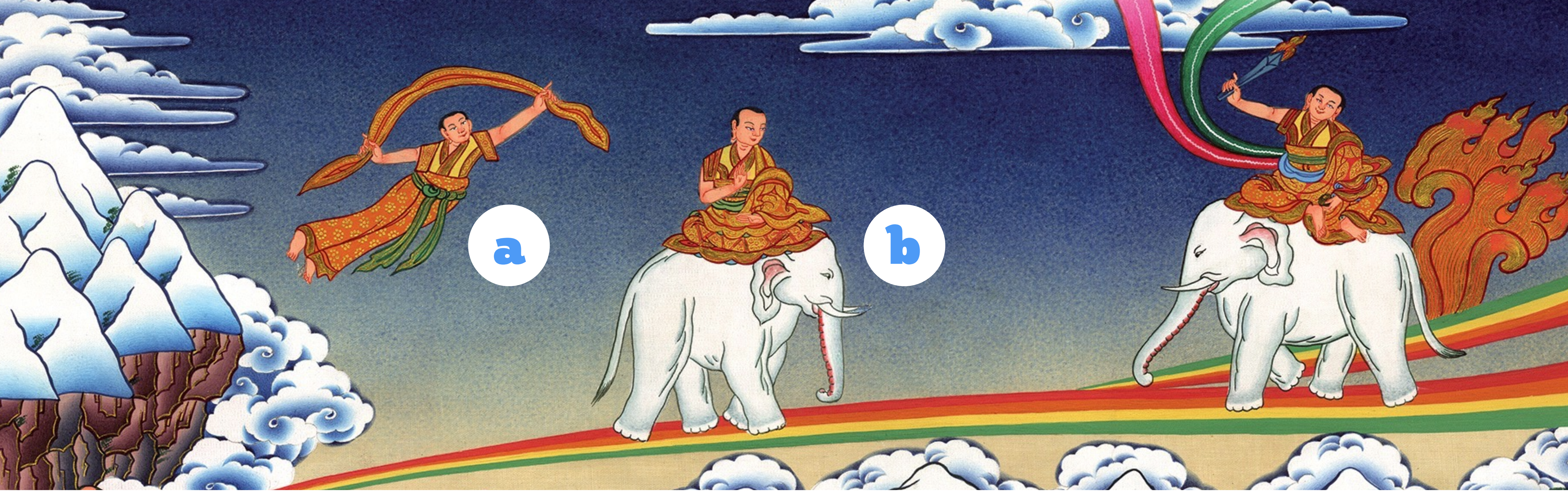
מלכות
Malkuth
"Kingdom"

5th dimension

4th dimension

3rd dimension

2nd dimension



Pliancy

Serviceability of body (a) and mind (b):
no resistance from mind or body.

Exercises

1. Throughout the day, develop **self-observation**.
2. Each day, for at least 10-20 minutes, develop **meditative concentration** through visualization of the image.
3. Continue your spiritual diary.

