

MEDITATION ESSENTIALS 13:

Change and Understanding

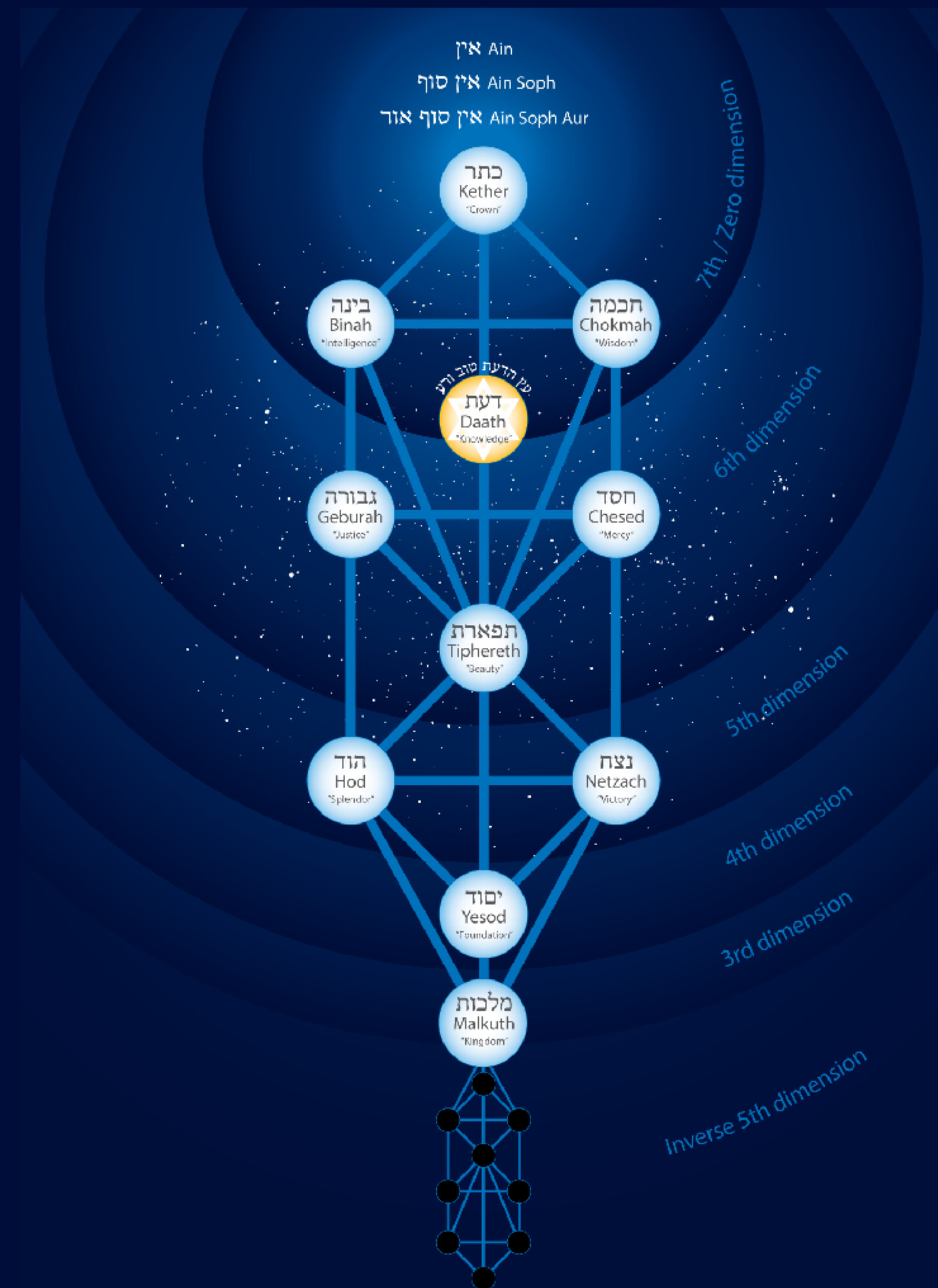


Change

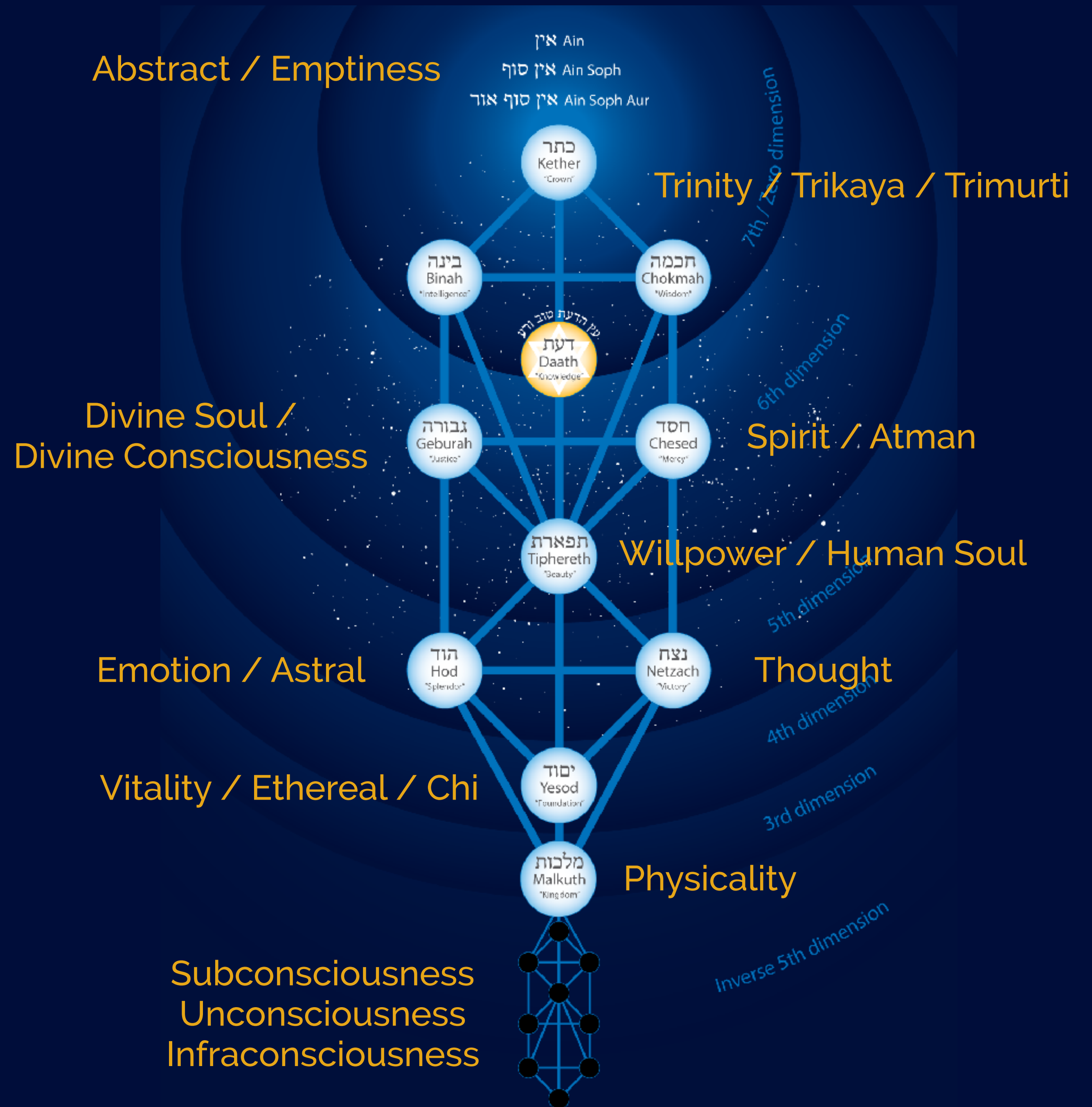
Always has:

Death, Birth, and Sacrifice

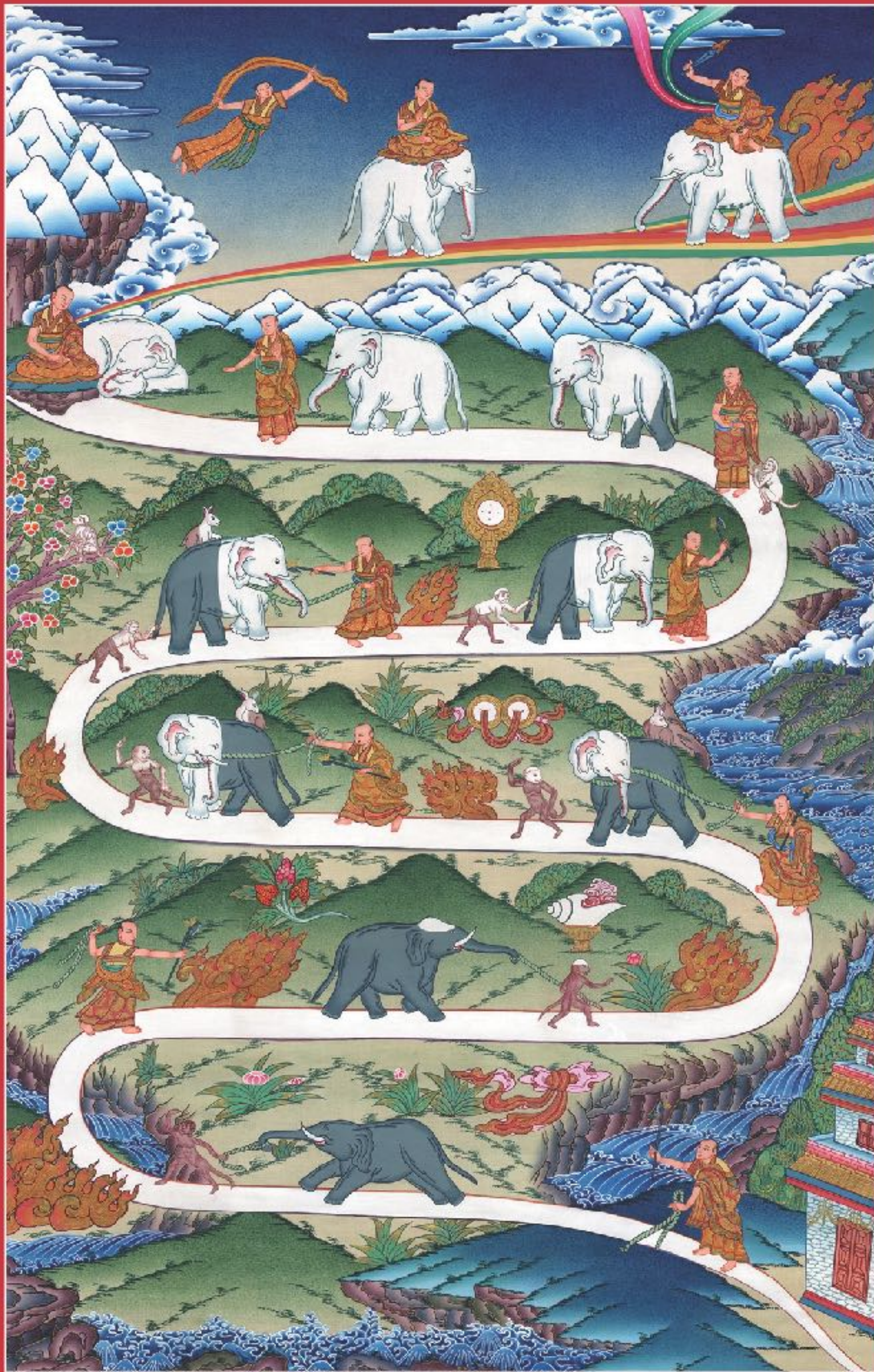
Tree of Life



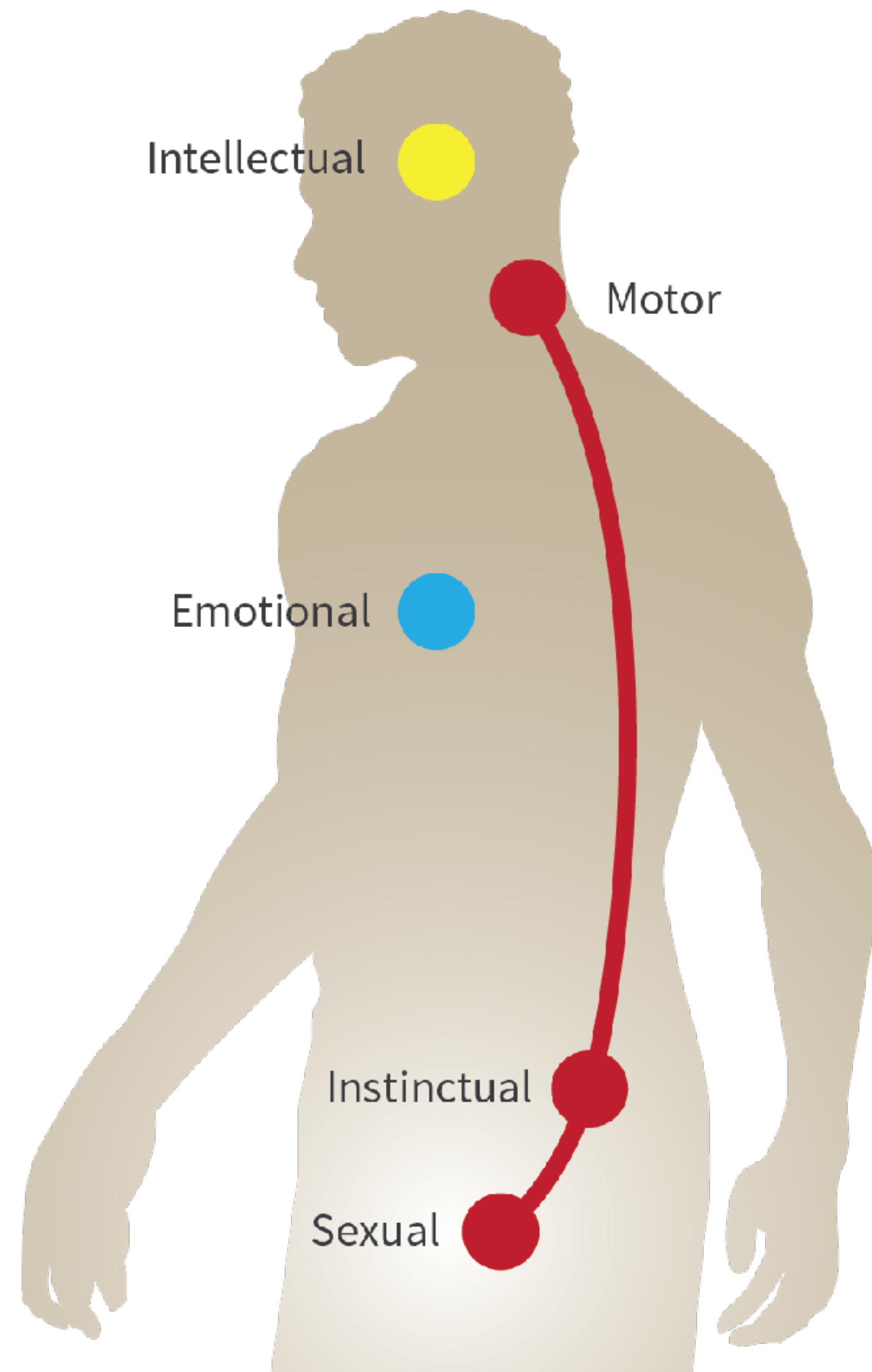
Tree of Life



Comprehension
Conscious Knowledge



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



Exercises

1. Every day, deepen and expand your **self-observation**.
2. Every day, practice **meditative retrospection**.
3. Do not speculate, theorize, or intellectualize about the facts you are observing.
4. Write the facts of your day in your spiritual diary.