

The Path of Meditation

Unqualified Nondual Realization



In the World



Reaching Source



Truth & Self Transcended



Truth Transcended



Riding Truth Home



Knowing Truth



Catching Truth



Perceiving Truth



Discovering Footprints



Searching For Truth

Nondual Realization

Embodied Life

Beyond Conceptual and Non-Conceptual, Beyond Self-Aware

Welcome
Essential Nature as
Non-Separate,
Self-Aware
Awareness

Welcome
Essential Nature
As Non-Separate
"I" and "This"

Welcome
Essential Nature
as Subject-Object
Dissolving
or Emerging

Welcome
Remembering
versus Forgetting

Welcome
Essential Nature
Being Covered
or Revealed

Welcome the
Unchanging
Witness

Welcome
All That Changes

Welcome
Cognitions

Welcome
Emotions

Welcome the
Senses

Welcome the
Body as Sensation

Welcome
Foundational
Resources

38. Gone, Gone, Gone Beyond
Beyond Conceptual and Non-Conceptual
Unborn, Unconditioned, Beyond Self-Awareness
By "This" does everything arise

37. Self-Aware Undifferentiated Awareness
Nondual Reality beyond time, space, emptiness and form
"By This alone does all this appear"
Non-Relational, Awareness, Consciousness, "This-ness", Revelation
Stabilized Self-Realization

35. Dynamic Essential Nature "This" Female Principle Dynamic aspect of Consciousness Ecstasy & Delight	not separate from	36. Potential Essential Nature "I Am" Male Principle Static aspect of Consciousness Self-Revelation
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Stabilizing Self-Recognition

32. Subject/Object Distinct Universe Blossoming Power of action "I and This, I am"	33. Object Appearing Universe Sprouting Power of knowing "This I am"	34. Subject Appearing Universe at Rest Power of willing "I am This"
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Unstable Self-Realization

**Formless Emerging
Remembering**

**Form Emerging
Forgetting**

31. Self-Remembering (25-37 & 37-1) versus Self-Forgetting (30-5)
Power to Remember & Power of separating and self-forgetting
Power to sever 'This' from 'I' and 'I' from 'This'
Power to experience the universe as separate from me
The perception that something's wrong (with me)

26. Space Contracted Versus Omnipresent	27. Time Time Bound Versus Timeless	28. Desire Imperfect Versus Perfect	29. Knowledge Limited Knower Versus Omniscient	30. Doer Limited Doer Versus Omnipotent
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25. Subjective Unchanging Witness
The "Seer" and the "Seen" perceived as separate

"Seer"

24. Objective Changing World
Light-Clarity, Energy-Passion, Dense-Inert

"Seen"

21. Thoughts Noting, Storing Processing	22. Intellect Ascertaining Decision-Making	23. Ego-I Appropriating Separating
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15. Secure **16. Potent** **17. Empowered** **18. Loving** **19. Authentic** **20. Clear**

10. Smelling Nose, Odor	11. Tasting Mouth, Flavor	12. Seeing Eyes, Color	13. Feeling Skin, Touch	14. Hearing Ears, Sound
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5. Earth Solid, Static	6. Water Liquid, Flowing	7. Fire Heat, Expanding	8. Air Gas, Expanded	9. Space Space, Spacious
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4. Affirm/Experience your Inner Resource of grounded safety, security, peace, well-being and Being
3. Affirm/Experience your Intention(s) that support(s) realizing your Heartfelt Desire
2. Affirm/Experience your deepest Heartfelt Desire that is arising directly from the life force that's living you
1. Welcome/Experience the Life Force that is living you