

The Path of Meditation

Steps to Awakening

Richard Miller



Searching
for Truth

1. Welcome Foundational Resources

1. Welcome/Experience the Life Force that is living you
2. Affirm your deepest Heartfelt Desire that is arising directly from the life force
3. Affirm/Experience your Intention(s) that support(s) realizing your Heartfelt Desire
4. Affirm/Experience your Inner Resource of grounded safety, security, peace, well-being and Being

2. Welcome the Body as Sensation

5. Earth: Solid, Static
6. Water: Liquid, Flowing
7. Fire: Energetic, Expanding
8. Air: Gaseous, Expanded
9. Space: Space, Spacious



Discovering
Footprint

3. Welcome the Senses

10. Smelling: Nose, Odor
11. Tasting: Mouth, Flavor
12. Seeing: Eyes, Color
13. Feeling: Skin, Touch
14. Hearing: Ears, Sound

4. Welcome Emotions

15. Secure
16. Potent
17. Empowered
18. Loving
19. Authentic
20. Clear



Perceiving
Truth

5. Welcome Cognitions

21. Thoughts: Noting, Storing, Processing
22. Intellect: Ascertaining, Decision-Making
23. Ego-I: Appropriating, Separating



Catching
Truth

6. Welcome All That Changes

24. Objective Changing World: All that is "Seen" that arises as a combination of the three aspects of 1) Light-Clarity, 2) Energy-Passion, and 3) Dense-Inert

7. Welcome the Unchanging Witness

25. Subjective Unchanging Witness: The "Seer" whereby the "Seer" and the "Seen" are perceived as separate



Knowing Truth

8. Welcome Essential Nature Being Covered or Revealed

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



Riding
Truth Home

9. Welcome Self-Remembering versus Self-Forgetting

31. Self-Remembering (25-37 & 37-1) versus Self-Forgetting (30-5)

- Form and Forgetting Dissolving or Emerging
- Power of separating and self-forgetting
- Power to experience the universe as separate from me
- The perception that something's wrong (with me)

10. Welcome Essential Nature as Subject-Object Relationship Dissolving or Emerging

- Formlessness Emerging
- Remembering Essential Nature
- Unstable Self-Realization

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"



Truth
Transcended

11. Welcome Essential Nature As Non-Separate "I-This"

- "I" not-separate from "This"

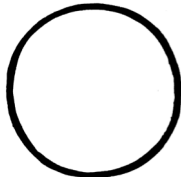
- Stabilizing Self-Recognition

35. Dynamic Essential Nature: "This"

- Female Principle
- Dynamic aspect of Consciousness
- Ecstasy & Delight

36. Potential Essential Nature: "I Am"

- Male Principle
- Static aspect of Consciousness
- Self-Revelation



Truth & Self
Transcended

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

- Stabilized Self-Realization

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



Reaching
Source

13. Beyond Conceptual and Non-Conceptual, Beyond Self-Aware

38. Gone, Gone, Gone Beyond

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



In the World

14. Back into the world

- Knowing all that is as an expression of Essential Nature
- Moving through the marketplace knowing Self as non-separate even as separation arises