

# The Path of Meditation

Unqualified Nondual Realization

Nondual Realization

Embodied Life



In the World



Reaching Source



Truth & Self Transcended



Truth Transcended



Riding Truth Home



Knowing Truth



Catching Truth



Perceiving Truth



Discovering Footprints



Searching For Truth

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. Mahatripura Sundar: Sahaj Samādhi**  
**Self-Aware Undifferentiated Awareness**  
Sahsra: Nondual Reality beyond time, space, emptiness and form  
Awareness, Consciousness, "This-ness": "By This alone does all this appear"  
**Stabilized Self-Realization**

**35. Śakti: Dynamic Essential Nature** not separate from "This"  
Female Principle  
Dynamic aspect of Consciousness  
Ecstasy & Delight

**36. Śiva: Potential Essential Nature**  
"I Am"  
Male Principle  
Static aspect of Consciousness  
Self-Revelation

**Stabilizing Self-Recognition**

**32. Śuddha Vidya**  
Subject/Object Distinct  
Universe Blossoming  
Power of action  
"I and This, I am"

**33. Īśvara**  
Object Appearing  
Universe Sprouting  
Power of knowing  
"This I am"

**34. Sadā Śiva**  
Subject Appearing  
Universe at Rest  
Power of willing  
"I am This"

**Unstable Self-Realization**

**Formless Emerging Remembering**

**Form Emerging Forgetting**

**31. Māyā: Self-Remembering (25-37 & 37-1) versus Self-Forgetting (30-5)**  
Power of remembering and the 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. Niyati: Space** Contracted vs Omnipresent

**27. Kāla: Time** Time Bound vs Timeless

**28. Rāga: Desire** Imperfect vs Perfect

**29. Vidya: Knowledge** Limited Knower vs Omniscient

**30. Kalā: Doer** Limited Doer vs Omnipotent

**25. Puruṣa: Subjective Unchanging Witness**  
The "Seer" and the "Seen" perceived as separate

"Seer"

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

"Seen"

**21. Manas**  
Thoughts, Noting, Storing  
Processing, Thoughts

**22. Intellect**  
Ascertaining  
Decision-Making

**23. Ego-I**  
Appropriating  
Separating

**15. Secure** Muladhara

**16. Potent** Svadhithana

**17. Empowered** Manipura

**18. Loving** Anahata

**19. Authentic** Visshudha

**20. Clear** Ajñā

**10. Gandha** Nose, Smell

**11. Rasa** Mouth, Taste

**12. Rūpa** Eyes, See

**13. Sparśa** Skin, Touch

**14. Śabda** Ears, Sound

**5. Prithivi: Earth** Solid, Stable

**6. Jala: Water** Liquid, Flowing

**7. Tejas: Fire** Heat, Expanding

**8. Vayu: Air** Gas, Permeating

**9. Ākaśa: Space** Spacious, Penetrating

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