# Analytical Meditations on the Advanced Path

Begin top right, go clockwise around

## 1. Middle Scope (Turning Away from Cyclic Existence)

- **Contemplate:** "Even the highest pleasures of samsara decay from the moment they arise.
- "Suffering is not accidental; it is the ripening of causes I myself have created.
- "What I now call 'my life' is a momentary chain of causes and effects, never a self.
- "The body I cherish is the vessel of pain, change, and continual dissatisfaction.
- "All beings wander endlessly because they mistake the impermanent for the enduring.
- "Liberation is not found by escape, but by understanding the true nature of bondage.
- "Renunciation is not rejection of life but release from craving for what cannot satisfy.
- "Death is certain; the time of death is uncertain; only Dharma helps at death.
- "My future births depend on today's habits of thought and action.
- "The mind that clings is the mind that suffers.

## 2. Understanding Karma and Its Result

- **Contemplate:** "Every experience is a mirror of previous intentions.
- "Virtue ripens into happiness as surely as shadow follows form.
- "Non-virtue ripens into suffering whether I believe it or not.
- "There is no escape from karma but purification and wisdom.
- "Abandoning harmful actions is not morality - it is Intelligence
- "If I sow good seeds now, I alone will reap their fruit.
- "Even the smallest act of kindness reshapes the future.

## 3. The Great Scope Awakening Bodhicitta

- **Contemplate:** "My suffering is small compared with the suffering of limitless beings.
- "All beings have been my mother. How could I turn away from them?
- "Cherishing others more than self is the door to every happiness.
- "Self-cherishing is the inner enemy that blinds compassion.
- "The more I cling to self, the smaller my world becomes.
- "The more I serve others, the more infinite my mind becomes.
- "Every being desires happiness and fears pain just as I do.
- "My peace depends on the peace of others.
- "True compassion is not pity. It is the wish that all be free from delusion
- "Bodhicitta transforms even ordinary acts into causes of enlightenment.

## 4. The Six Perfections Training the Bodhisattva Mind

### (a) Generosity

- **Contemplate:** "Possessing nothing, I can give everything.
- "Clinging to wealth creates poverty of heart; giving creates abundance.
- Everthing is on loan. I cannot retain it.
- When I give without expectation, I cut the root of self-centredness

### (b) Ethics

- "Ethics is the art of not harming - refining intention moment by moment"
- Keeping vows protects me from my own confusion more than from outer danger.
- Every moment I refrain from harm, I clear a little of the mind's obscuration.
- Ethical discipline is compassion made visible in behaviour.

### (c) Patience

- "Others are not my obstacles; they reveal my pride and anger.
- "Patience is the armor that makes compassion unbreakable.
- When I do not strike back, anger withers from lack of fuel.
- Patience rests on seeing that both attacker and attacked are passing dreams.

### (d) Joyous Effort

- "Enthusiasm arises when purpose is clear and ego forgotten.
- Joyous effort is delight in virtue, not grim determination.
- Each small step on the path becomes easy when I remember the goal is liberation for all beings.
- Laziness is faith in the solidity of this life; energy is trust in the path.

### (e) Concentration

- "A scattered mind cannot see reality; stillness is the gateway to insight.
- By returning again and again to the object, I train the mind to obey understanding, not habit.
- Experiences in meditation come and go; the task is simply to remain present.
- True concentration is relaxed, clear, and open, not tight or forced.
- When attention settles naturally, the illusion of a separate observer begins to fade.
- Introspection monitors the mind while attention stays on the object.
- Catch dullness, agitation, heaviness, fogginess, or restlessness early before they take over.
- Attention stays with the object; introspection briefly checks, "How is the mind now?"
- Use introspection to notice when grasping at a real self creeps back into meditation.
- Gently correct posture, energy, or focus without self-criticism or harshness.
- Extend introspection into daily life by checking motivation, self-cherishing, & clinging to "I".

### (f) Wisdom

- Wisdom is seeing that the self I defend has never existed.
- Wisdom does not destroy appearances; it destroys the belief that they exist from their own side.
- The more clearly I see dependent arising, the less room there is for a solid 'me'.
- Grasping at self is ignorance; releasing that grasp is awakening.
- Wisdom recognises that even wisdom itself is empty and dependently designated.

## 5. Perfection of Wisdom - Insight into Emptiness

- **Contemplate:** "All things appear yet are empty; all are empty yet appear.
- "The person is merely designated on the aggregates - nothing stands alone"
- "Dependent arising is the middle way - beyond existence and non-existence"
- "Emptiness is not nothingness; it is freedom from mistaken projection.
- "To see things as they are is to end clinging to how they seem.
- "When I seek the self within body or mind, I find only emptiness.
- "Form is emptiness; emptiness is form - inseparable and dynamic"
- "All suffering arises from grasping the imagined self as real.
- "Wisdom and compassion are two wings of the same realization.
- "When I no longer see a self to protect, I am free to love without limit.

## 6. Union of Śamatha and Vipaśyan

- **Contemplate:** "A stable mind reveals the illusion of solidity.
- "Calm abiding steadies the surface; insight shows the depthless sea.
- "When stillness and seeing unite, duality dissolves naturally.
- "Meditation is not creating wisdom but removing obscuration.
- "In perfect equipoise, there is no meditator, no meditation, no object.

## 7. Integration Living the View

- **Contemplate:** "View without conduct is pride; conduct without view is blindness.
- "In every perception, remember: this too is dependently arisen.
- "The illusion continues, but grasping ceases.
- "Ordinary life is the field where enlightenment ripens.
- "The awakened path is not elsewhere, it is seeing this moment rightly

## 8. Overcoming Self-Centredness and Its Offshoots

- **Contemplate:** "The habit of 'I first' is the root from which every delusion sprouts."
- "When I protect this imagined self, I wound others and imprison myself."
- "Self-centredness distorts love into attachment, care into control, and wisdom into pride."
- "Whatever praise I crave or blame I fear both arise from the same false 'I'"
- "Pride is the mask self-cherishing wears to hide insecurity."
- "Jealousy is self-cherishing comparing shadows."
- "Anger is the cry of self-importance meeting reality."
- "Attachment whispers, 'Without this, I am nothing,' forgetting that 'I' is a dream."
- "To overcome self-centredness is not to erase the person but to free it from exaggeration."
- "When self-concern dissolves, compassion flows without effort."
- "The world softens the instant I stop demanding it confirm me."
- "Serving others is the most direct method to discover no-self."
- "Seeing others' joy as my own undermines the fortress of ego."
- "Each moment of genuine concern for others weakens the tyranny of self."
- "The less I look for myself, the more clearly I see the needs of others."
- "Exchanging self for others is not sacrifice but awakening."
- "Self-cherishing ends when I understand that the self I serve has never existed."
- "To forget myself in compassion is to remember reality."

## 9. Pocket Reminders for Daily Recollection

- "Whatever arises, let it remind me of interdependence.
- "Every irritation is a chance to defeat self-cherishing.
- "Each kindness is a seed of bodhicitta.
- "Emptiness is not a theory, it is the breath of freedom in every thought"