

# PTOD Volume One Summary of Themes

## Part Two

### 1) Meditation

- a) Simplicity, pp. 173-178
- b) Being Real, pp. 179-180
- c) Major Themes, pp. 180-189
  - i) Freedom and joy
  - ii) Posture and technique
  - iii) Kindness to oneself
  - iv) Sense of humor, cheering up
  - v) Not taking things too seriously
  - vi) Working with the mind
  - vii) Experiencing things as they are

### 2) Shamatha Technique

- a) Posture, pp. 190-200
  - i) Simplifying and taking your time
  - ii) Taking your seat
  - iii) Good head and shoulders
  - iv) Synchronizing body and mind
- b) Breath, pp. 201-206
  - i) Breathing out
  - ii) Going out and dissolving
  - iii) Letting go
  - iv) Light touch.
  - v) Cool Boredom
- c) Mind, pp. 207-229
  - i) Labelling thoughts
  - ii) Everything is a thought
  - iii) Touch and go
  - iv) Continual wakefulness
- d) Working with obstacles
  - i) Common struggles, pp. 215-222
  - ii) Deeper obstacle and their antidotes, pp. 243-256

### 3) Refining Shamatha

- a) The Strategy of Meditation, pp. 257-259 and 264-266
  - i) Cutting thoughts
  - ii) Short circuiting the kleshas
  - iii) Heedfulness, Mindfulness, awareness
  - iv) An Element of Magic

- b) Fruition of the Practice, pp. 273-283
  - i) Rediscovering one's mind
  - ii) The eight consciousnesses
  - iii) Mixing mind with space
- c) Progression of the Practice (FFM), pp. 285-322
  - i) Understanding embodiment (body)
  - ii) Well-being of b/s/m (Life)
  - iii) Working with sense perceptions (Life)
  - iv) First flash - Experiencing duality (mind)
  - v) Sudden flash the abstract watcher (mind)
  - vi) Continuity - discipline, patience and exertion
- d) Qualities and Stages of Experience
  - i) Three experiences - joy, clarity and space
  - ii) Five stages - waterfall to ocean
  - iii) The Two Types of Exertion, pp. 505-507

#### **4) Vipashyana**

- a) Key Features, pp. 329-336
  - i) Seeing the ego and glimpses of awareness
  - ii) Awareness of breathing
  - iii) A sense of atmosphere
  - iv) Lightness and sense of humor
- b) Going Beyond Picking and Choosing, pp. 337-341 and 367-369
  - i) Equilibrium
  - ii) Self-Liberating thoughts/Cutting thoughts as they arise
  - iii) Sharpening perception/Vipashyana Awareness
  - iv) Enjoying the gap
  - v) Burning conceptual mind