

Table 1

LEVEL OF EXPERIENCE	PURPOSE	PRACTICE INSTRUCTIONS
Coming into a stable experience of being in the moment. Becoming conscious of the focus of attention.	Supporting a stable presence in the moment	Embodied breath focus instructions: Purpose: bring the mind into alignment with the present moment. Interrupt distractive mind activity. Become more fully present with immediate sensate experience
Identified with the content level of experience	Moving beyond being constantly drawn down into Body/Mind content level. Supporting the growth of the observer.	Tethered Insight Instructions
DIAGRAM: two concentric circles, with the content level in the middle and the observer in the outer ring. This is how life appears to us. The center of who we are is the content level, and the observer sees that level as a new perspective.		- coming back to the breath or other anchor in between objects - noting practice This is helpful here as we need some structure to begin to stabilize the experience of being the observer or witness and to understand there is an alternative to living at the content level of life.
Stabilizing the observer		Choiceless (untethered) insight instructions
DIAGRAM: two concentric circles, but the labels have switched. The observer now feels like the center of who we are, and the content level comes and goes at the periphery.	Resolving the mistaken identity with the content of body and mind. We realize we are not what arises in the body or mind, we are what experiences this.	When momentary concentration is stable, simply relax and notice what's arising. The breath is not preferred over any other object. The observer feels stable, inner spaciousness to be with things without sucked into them is growing. The sense that there is a meditator who is 'doing' meditation lessens.
Becoming aware of Pure Awareness		Non-doing meditation
We begin to sense a level of open, unfocused awareness that its bigger and connected to everything. It can come up as the space in between objects arising, or a sense of a stillness, a background to conditioned objects.	Understanding that the observer is still at the separate, ego identified mind, and that there's something else that is silently drawing us.	Shiken Taza, "just sitting", or resting in rigpa. The meditator fades from view, there is more resting in this larger container. There is nothing to do, the awareness holds all arising objects within it. Mirror mind experience.
DIAGRAM: three concentric circles, with this ground of being, spacious awareness now at the very center of being. The observer now is the middle circle, and the content level comes and goes at the periphery.	Starting to sense the truth, that we are not separate, but part of an all encompassing Ground from which everything and everyone has its being.	There is no meditator, only the experiences arising themselves. The sense of subject/object split no longer seems true. At deeper levels, the idea of self and others no longer is the operative mode.
Direct approach practice		Meditation and life are no longer separate from each other
Our fundamental orientation or experience shifts from the seemingly separated, ego based self to the open awareness as the center from which our life operates Mind sinks into Being.	Stabilizing more and more into the truth of our being. The content level sucks us down less and less, and does not last long.	Now we turn around our practice from outward focus to the inward path home, back to the source of awareness and Being. Off the cushion: remember and return.