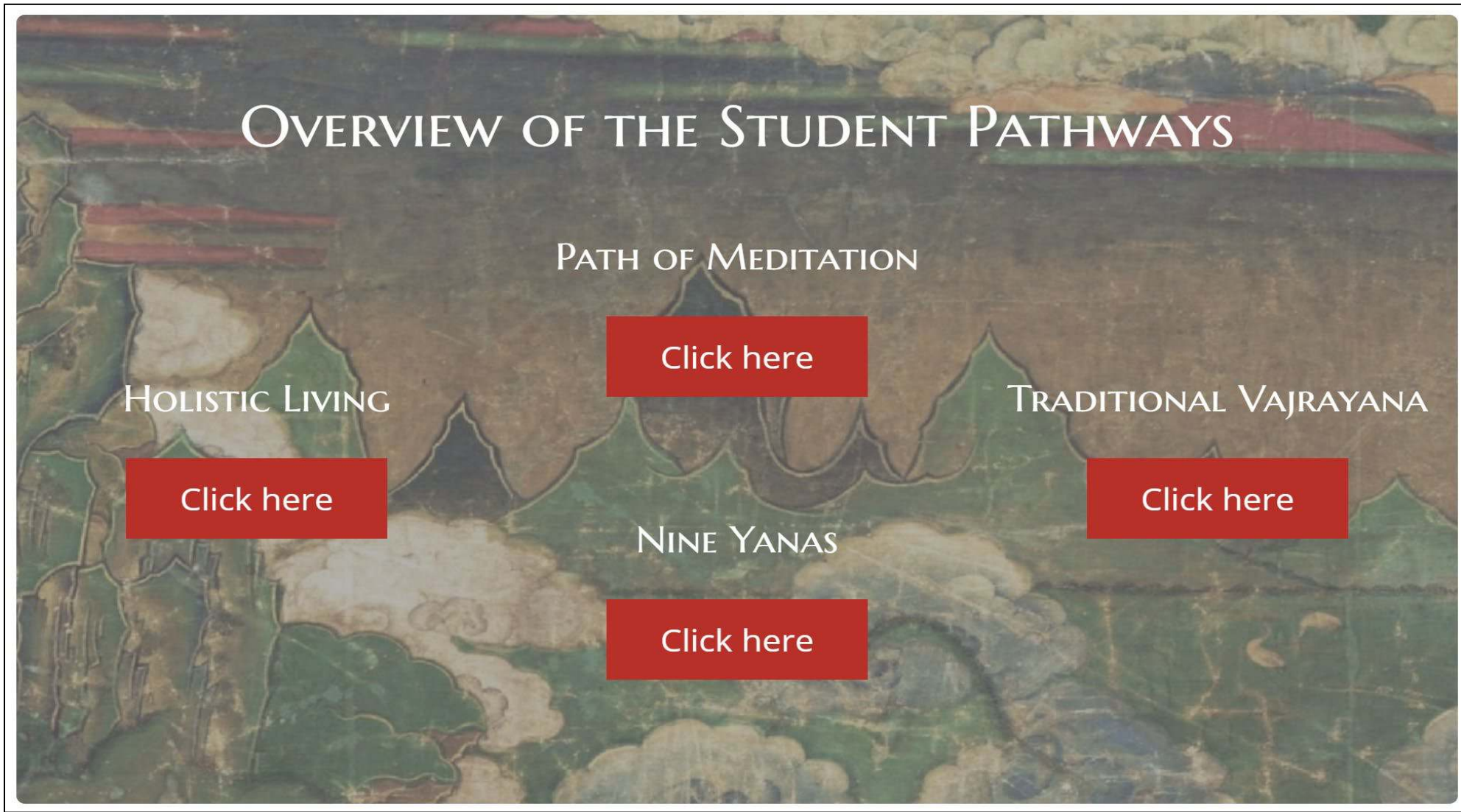




<p><b>CHINESE:</b> 中文使用者，请于右下角选单双击 “Interpretation/EN-English”，并选择 “Chinese”。</p>	<p><b>RUSSIAN:</b> Чтобы слушать русский синхронный перевод, в меню в нижнем правом углу нажмите на "EN-English," и выберите "Russian."</p>
<p><b>SPANISH:</b> Para hispanohablantes, ve al menú que se encuentra en la parte inferior derecha y da clic en "EN-English," y selecciona "Spanish".</p>	<p><b>PORTUGUESE:</b> Para tradução em português, acesse o menu à direita embaixo, clique em " Interpretation/EN- English,"e selecione "Portuguese."</p>
<p><b>INDONESIAN:</b> Untuk para pemirsa berbahasa Indonesia, silakan lihat di menu yang berada di bagian kanan sebelah bawah, klik pada kata "EN- English," dan pilihlah kata "Indonesian."</p>	<p><b>VIETNAMESE:</b> Để nghe dịch tiếng Việt, xin tìm phía dưới bên phải menu, nhấn vào " Interpretation/EN-English," và chọn "Vietnamese."</p>
<p><b>JAPANESE:</b> 日本語でお聞きになる方は右下のメニューで「 Interpretation/EN-English」をクリックし、 「Japanese」を選択して下さい。</p>	<p><b>THAI:</b> สำหรับผู้ฟังภาษาไทย โปรดไปที่เมนูทางด้านล่างขวา คลิกที่ “Interpretation” แล้วเลือกช่อง “Thai”</p>



# Path of Meditation: Beyond Mindfulness



# OVERVIEW OF THE STUDENT PATHWAYS

PATH OF MEDITATION

[Click here](#)

HOLISTIC LIVING

[Click here](#)

TRADITIONAL VAJRAYANA

[Click here](#)

NINE YANAS

[Click here](#)

Body on the cushion,

Mind in the body,

Mind at ease.

---

Our motivation is a reflection of ourselves.

So we need to choose a good motivation.

---

When transforming the mind,  
Handle the mind with ease,  
Handle the mind with gentleness.

---

Mastering the method is not the point,  
Mastering the mind is the point.

---



Learn to be persistent and continuous

In applying the practice

To gradually develop good habits

And transform the mind.

---

The great master attitude:

When you have good results, don't be too happy.

When you have bad results, don't be too sad.

---

Keep mastering the neutral attitude  
Towards your own journey of meditation.

---

See thoughts, emotions, and feelings  
Without trying, without any naming,  
And without making too much importance.

---

We need to be mindful in the beginning,

Then ease the mindfulness,

And then rest without mindfulness.

---

The greatest antidote is  
Seeing your own faults,  
Being willing to transform,  
And proceeding to transform.

---

The greatest obstacle of meditation is being proud  
And not seeing your own faults in your spirituality.

---

Meditation brings inner peace.

Meditation brings happiness.

Meditation increases compassion.

Meditation recognizes dignity.

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**Next Teaching:**

**Vajrayana: Ground,  
Path, and Fruition**

**Saturday, February 6**

**5:45pm**