

The Progressive Practices of the Varieties of Shamatha and Vipashyana

Shamatha

With Characteristics

With Tangible Support

- Impure (kasinas, elements, body parts, postures)
- Pure (mandalas, yidams, seed syllables)

Without Tangible Support

- Breath (full or partial cycle)
- The Nature of Mind (whatever arises)



Without Characteristics

Awareness

Vipashyana

Discernment with Discursive Analysis

Selflessness of Persons

- The three characteristics of a self
- The sevenfold analysis of the chariot

Selflessness of Phenomena

- The two truths
- The five reasons into emptiness



Discernment with Subtle Analysis

Selflessness of Phenomena to Selflessness of Persons

- Four stages as in the absolute bodhicitta slogans

Selflessness of Persons to Selflessness of Phenomena

- Mahamudra investigations