



THE MEDITATIVE PATH VISUALIZED



1 THE NOVICE

This phase is all about helping new meditators get started with formal meditation.

The aim here is to find a core technique that's a good match, and get started practicing with it.



2 THE BEGINNER

This phase is all about taking the core practice you learned in the novice phase, and improving upon it.

That way you can manage common obstacles like distractions, thoughts, and spaciness within meditation.

3 THE INTERMEDIATE

This phase is all about learning to access "the key state."

After the core practice has been developed, navigating hindering mental traps allows for this state to emerge fully.



4 THE ADVANCED

This phase is all about learning to maintain "the key state" so it becomes clear and stable.

Then you can branch out to experience higher consciousness, clearer intuition, and other advanced states.

