



Stability + Clarity is Active Attention

RESTING
in the experience
of breathing

RETURNING AGAIN & AGAIN
to the experience of breathing
(mindfulness = remembering)

STABILITY
(shamatha)

CLARITY / VIVIDNESS
(shamatha)

LOOKING TO SEE CLEARLY
insight (*vipassana*)

dullness

busyness
(distraction)

at a chosen
object

at whatever
arises

to counteract
dullness:
energize

to transform dullness:
feel the sensations
of dullness

to counteract
busyness:
relax

to transform busyness:
look directly at thoughts
& emotions

one of the four
foundations of
mindfulness

all four
foundations of
mindfulness

- Resting and returning leads to stability and vivid clarity (*shamatha*).
- Stable vivid awareness allows one to look into the nature of experience (*vipashyana*).
- Look deeply into the nature of sensations, feelings, thoughts and emotions, and objects — the four foundations of mindfulness.
- Trying to look without stability leads to distraction — you won't see steadily and deeply.
- Resting in stability without looking leads to dullness: you won't see clearly.
- Too much stability leads to dullness. The antidote is energizing. Looking at the sensations of dullness transforms dullness into attention.
- Too much clarity leads to busyness. The antidote is relaxation. Looking directly at what distracts you transforms busyness into attention.