

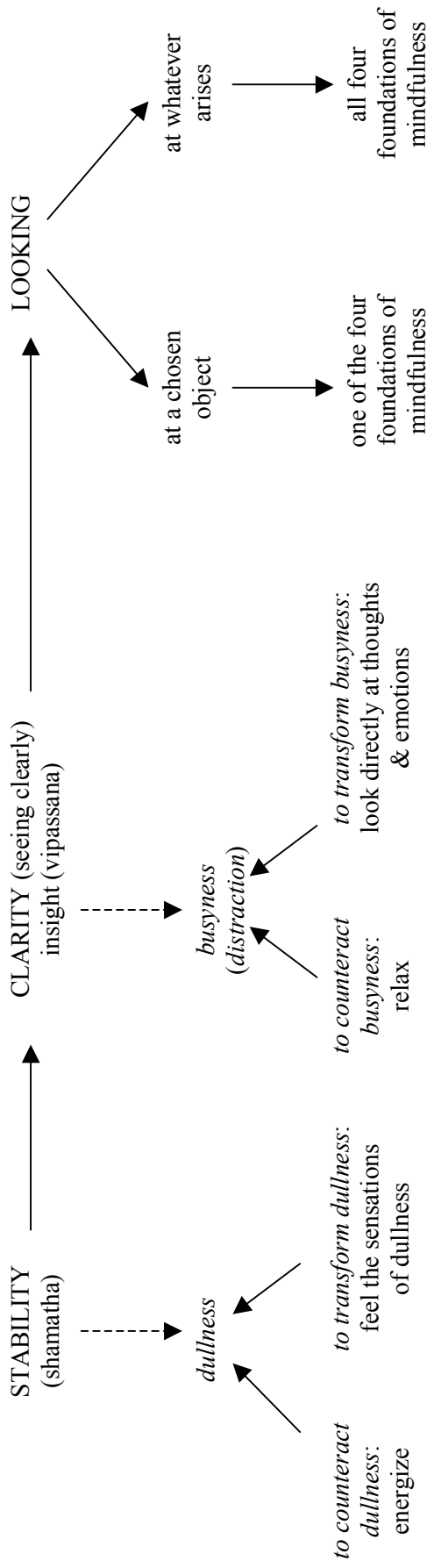
Stability + Clarity is Active Attention

RETURNING AGAIN & AGAIN

to the experience of breathing
(mindfulness = remembering)

RESTING

in the experience
of breathing



- Resting and returning leads to stability (*shamatha*).
- Stability leads to clarity (*vipashyana*).
- With clarity, one can look deeply at 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.
- Trying to rest 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.

For more instruction and commentary, see chapter 3 of *Wake Up To Your Life* by Ken McLeod