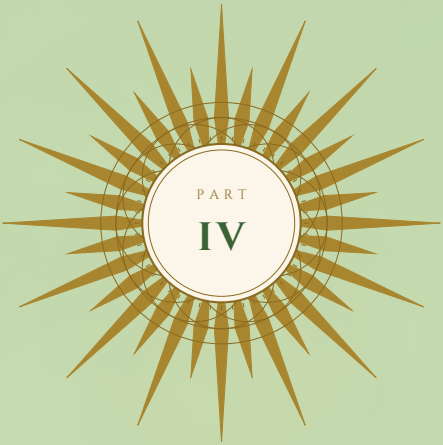



# MEDITATION AND PRACTICE

*Sitting practice — the rules, the stages, and the example of those who have already walked it.*

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## The Ten Rules of Scientific Meditation

*A path toward inner silence and the awakening of consciousness.*



28

## The Five Stages of Meditative Mastery

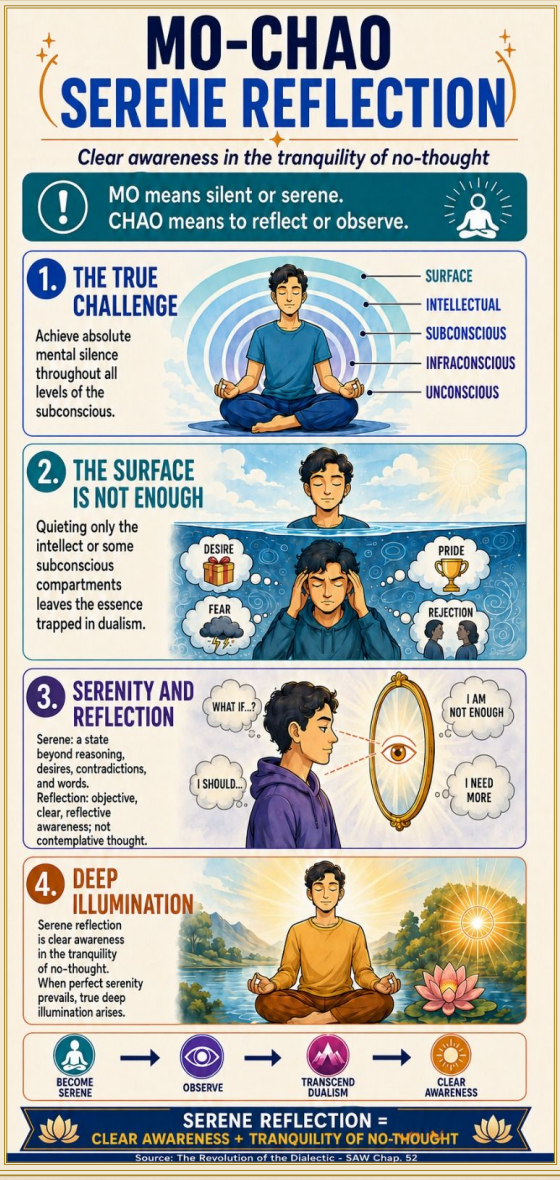
*Asana, Pratyahara, Dharana, Dhyana and Samadhi, in sequence.*



29

## Mo-Chao: Serene Reflection

*Clear awareness in the tranquillity of no-thought, through every level of the subconscious.*



30

## Blue Time, or Rest Therapy

*Eight stages from relaxation to prayer, for liberation from the conditioning of the mind.*



31

## The Story of Master Meng Shan

*Perseverance, superefforts and the mantra WU □ inner work maintained in full activity.*

