

Bhavana Krama: Stages of Contemplation

For any concept or a short passage on a particular theme:

1) Be comfortable with the meanings, looking up words where needed. If it is a passage you might like to alter some of the words so they better resonate with you but don't change the meaning.

2) Do some research seeing what others have said regarding your concept.

3) Over a period of time look more deeply, asking yourself questions such as:

- How would it feel if I felt the truth of the statement?
- How would it feel to live with the statement?
- See if there any of your experiences can inform your understanding?

4) When slightly bored with this and there is a feeling of more understanding, sit with it in silence asking for a deeper understanding to arise 'Is there anything more?' Let your body feel the concept/idea. Insights may arise as words, images, energy or feelings....

5) For several days bring the concept/passage to mind before sleep, and then again on waking, and revisit it several times during the day; examine any resistance you may encounter to receiving a deeper understanding if this becomes apparent.

6) Let it go and observe if your new understanding or wisdom shows in daily life.