

**Some Essential Points of View for Meditation  
in the Buddhist Tradition**

**Four Noble Truths**  
 Truth of Suffering  
 Truth of the Origin of Suffering  
 Truth of the Cessation of Suffering  
 Truth of the Dharma (Eightfold Path)  
 which Overcomes Suffering

**Three Poisons**  
 Delusion (Ignorance)  
 Attachment (Desire)  
 Aversion (Hatred)

causation

cessation

**Three Jewels**  
 Buddha (Teacher/Source)  
 Dharma (Teachings/Practice)  
 Sangha (Support Community)

**Eightfold Path**

Right View	Wisdom
Right Intention	
Right Speech	Ethics
Right Action	
Right Livelihood	
Right Effort	Meditation
Right Mindfulness	
Right Concentration	

protection

**Three Treasures**  
 Bodhichitta *← foundation of every thing*  
 Non-attachment  
 Dedication (Inspiration)

foundation

realization

**Three Awakened Bodies**  
 Dharmakaya  
 Sambhogakaya  
 Nirmanakaya

*unseen  
seen  
connection*

*when we wake up we see an  
emanation of wisdom*

## The Paths of Sutra, Tantra, and Dzogchen

Path	Characteristics	Orientation	Level of Work
Sutra <i>Mind</i>	Characterized by specific observances and restraints deemed helpful in overcoming the habits and tendencies that are considered hindrances to liberation.	Renunciation	Body
Tantra	This approach works <i>with</i> the energy of negative tendencies in order to transform them through the visualization practice of generation and completion.	Transformation	Voice (Energy)
Dzogchen	All phenomena are <i>primordially</i> clear and empty. No specific antidotes are applied to negative tendencies as they are innately self-liberated. Embraces Sutra and Tantra as secondary practices.	Self-Liberation	Mind

### Meditation Styles (Common to all Buddhist Traditions)

**Samatha** (Concentration/Tranquility) – Concentration on one object without wavering – a method for calming the mind. Object of concentration may be candle flame, picture, breath; anything helpful to the meditator.

**Vipassana** (Insight) – Discovering the true nature of phenomena. If concentrating on the breath, one sees directly into nature of breath – no “I” looking. Experience of the essential unconditioned clarity (emptiness) of mind.

{**Dzogchen** (Self-Perfect) – *No such thing as “Dzogchen meditation”*. There are some qualities of the above styles associated with Dzogchen but there is no “method” other than moment to moment awareness.}

