

# 9 Stages of Meditation

## Stage 1 – Concentration

- Hold object in meditation then place your conscious awareness on the object. Through awareness, observe uncontrolled thoughts (monkey-mind); interruptions distract you.
- In first stage, concentration and patience are the main focus.

## Stage 2 – Establish Continuity

- The second stage involves the ability to lengthen the time of concentration on the object.
- Gain some idea of what it is like when your disruptive thoughts take rest.

## Stage 3 – “Corrective or Patch like” Placement

- At stage 3, the mind recognizes distractions and can return to the state of concentration.
- “Patch” is a technique that mends or corrects the distraction with an affirmation, mantra, etc.
- Learn to distinguish the difference between the gross and subtle energies.
- This Higher Self is attempting connection with the student through inspiration or impressions.
- The meditator demonstrates ability for overcoming the temptation of sensual pleasure.

## Stage 4 – Deepening Commitment

- The mind can firmly concentrate on the object as mindfulness has been completely developed.
- Mental excitement has decreased in intensity and could no longer provide by any distractions.
- Through spiritual study and direct “knowingness” in meditation, the meditator knows he can eventually purify whole mind.

## Stage 5 – Maintaining through Discipline

- The meditator has developed understanding of distractions and excitement and the great advantage of practicing calmness. This is all done with effort through the developing will.
- Subconscious thoughts arise and meditator learns to subdue them.

## Stage 6 – Establishing Tranquility in the Mind

- At stage 6, meditator must apply the mental techniques to pacify unconsciousness thoughts, such as fears.
- Power of joyous effort ensues....meditation becomes easier with less hinderances.

## Stage 7 – One-Pointedness / Stillness

- At 7th stage, power of mindfulness makes it difficult for laxity and excitement to arise. They can immediately be overcome through effort.
- The meditator becomes more “obedient to the Higher Self” through control over the lower urges of the mental-emotional and physical bodies.

## Stage 8 – Single-pointed Concentration

- At stage 8, continuous focus on object is done without the interruption of any laxity or excitement for the entire session.
- The meditator and soul are mostly fused as “one”. The awareness now switches to a “single-pointed concentration towards the Path”. The meditator easily walks the path and is no longer distracted by the earthly excitement and laxity (connection with the emotional plane and form nature of earth). This enables the attainment of ninth stage of meditation.

## Stage 9 – Placement with Equanimity - Liberation

- Effortless concentration and calmness can be prolonged for any length of time.
- The meditator/soul are “one” and now has complete control of the mental-emotional and physical sensations of his mind.
- Through his attainment, he is now Master and wields the flaming sword of perfect insight having attained clear understanding and mindfulness.
- With the combination of the clear meditative mind of calm abiding and superior insight now allows the Master to be free of karma and the cycle of rebirth.