

Process in Meditation

1. **How** things happened and how that was experienced rather than solely **What** happened
2. Rather than a focus on **Why** things happen, look at **What** happened and **How**
3. Consider underlying outcomes/ goals, not always visible

After listening to someone talk about their meditation, choose points to start the inter~view.

How meditators related to the content of their meditation

How that content was experienced differently (or similarly)

Transitions/ how things changed/ what was the process of change

What was unexpected, a surprise, or barely perceptible

What was valued or undervalued

A new (or habitual) perspective that might have been operating/ influencing

How calm and settled samadhi states developed

How calm and settled samadhi states impacted other things that followed or happened at the same time as other things

How did they relate to difficult states, content and topics

States of mind/ moods that dominated and developed

Did they see an overarching theme? Did you?

The trajectory of meditative development using **Dialectics (opposites/pairs) of meditative process:**

- Holding and making meaning - letting go
- Digesting - constipated, being stuck, fixed
- Idealizing - demonizing
- Quieting - exploring
- Resisting - receiving, accepting
- Experimenting - staying with the routine, what is known
- Absorbing - discerning (unifying - finding difference)

updated 8/28/24 LM