

Seven Approaches to the Fluidity of Awareness

from Doug Kraft (with lots of help)

<i>Spectrum of Awareness</i>	<i>Form-Nothingness</i>	<i>Identification ("Self as ___")</i>	<i>Learning Competancy</i>	<i>Beginning Vipassana</i>	<i>Jhana Number</i>	<i>Anapanasati Sutta</i>
Nibbāna	Nothingness	Loss of self awareness	Unconsciously Competent	Choiceless Awareness		Arahant
						Anāgāmi
						Sakadagami
						Sotāpanna (stream entry)
						Nirodha
Fading of Awareness	Space	Self as awareness	Consciously Competent	Choiceless Awareness	8	Neither Perception Nor Non-Perception
Awareness of Awareness	Energy	Self as thought and feeling			7	No Thingness
			Awareness of Wholesome Qualities	Form	Self as experience	6
5	Infinite Space					
4	Equanimity (without body)					
Awareness of Unwholesome Qualities	Form	Self as body	Unconsciously Incompetent	Choiceless Awareness	3	Equanimity (with body sensations)
Awareness of Processes					2	Happiness (sukha)
					1	Joy (pīti)
Awareness of Content	Form	Self as body	Unconsciously Incompetent	Awareness of breathing throughout the body		Breath awareness throughout the body
				Breath awareness at one point		One-pointed breath awareness