

MIDL Masteries & Meditation Skills

Mastery 1: Develop Skill in Grounding & Softening

MEDITATION SKILL:

- 01: Grounding Your Attention.
- ---: Retrain Your Breathing Patterns.
- 02: Softening Into Breathing.
- 03: Skill of Softening Into.

Mastery 2: TIER 1 of Mindfulness of Breathing

Stage 1: Overcome the Tendency Towards Restlessness

MEDITATION SKILL:

- 04: Cultivate Skill in Mindfulness.
- 05: Cultivate Skill in Focusing.
- 06: Cultivate Skill in Grounding.
- 07: Cultivate Skill in Observing.
- 08: Cultivate Skill in Allowing.

Stage 2: Overcome the Tendency Towards Dullness

- 09: Cultivate Skill in Applying.
- 10: Cultivate Skill in Acknowledging.
- 11: Cultivate Skill in Sustaining.
- 12: Cultivate Skill in Experiencing.
- 13: Cultivate Skill in Stabilising.

Mastery 3: TIER 2 of Mindfulness of Breathing

MEDITATION SKILL:

- 14: Cultivate Skill in Joy & Tranquillity.

Mastery 4: TIER 3 of Mindfulness of Breathing

MEDITATION SKILL:

- ---: Transitioning from Doing to Knowing.
- 15: Cultivate Skill in Intimate Attention.
- 16: Cultivate Skill in Unification.

Mastery 5: Cultivating Meditative Jhana

MEDITATION SKILL:

- ---: Cultivate Skill in First Jhana.
- ---: Cultivate Skill in Second Jhana.
- ---: Cultivate Skill in Third Jhana.
- ---: Cultivate Skill in Fourth Jhana.

Mastery 6: Insight Into Reality: Anatta

MEDITATION SKILL:

- 17: Observe the Four Elements.
- 18: Observe Borders of Perception.
- 19: Observe Attention Move 1.
- 20: Observe Attention Move 2.
- 21: Observe Attention Flicker.
- 22: Observe Thinking Processes.

Mastery 7: Insight Into Reality: Sankhara

MEDITATION SKILL:

- 23: Observe Thinking Patterns.
- 24: Observe Past and Future.
- 25: Observe Pleasant Feeling.
- 26: Observe Unpleasant Feeling.
- 27: Observe the Five Aggregates.

Mastery 8: Deconditioning Habitual Patterns

MEDITATION SKILL:

- 28: Learn to Abandon Intention.
- 29: Learn to Re-engage Diaphragm.
- 30: Learn to Lengthen Out-breath.
- 31: Learn to Relax the Eyelids.
- 32: Learn to Relax Frontal Lobes.
- 33: Learn to Decondition Mind.
- 34: Decondition Emotional Charge.

Mastery 9: Cultivating Wholesome Qualities

MEDITATION SKILL:

- 35: Loving Kindness: Loved One.
- 36: Loving Kindness: Loved One.
- 37: Loving Kindness: Pervasive.
- 38: Cultivate Skill in Forgiveness.
- 39: Cultivate Skill in Gratitude.

Mastery 10: Cultivating Skill in Stillness

MEDITATION SKILL:

- 40: Develop Stillness with Breathing.
- 41: Develop Stillness of Body.
- 42: Develop Stillness of Mind.
- 43: Entering Deep Stillness.

Mastery 11: Insight Into Habitual Entanglement

MEDITATION SKILL:

- 44: Remember Awareness.
- 45: Mindfulness of Seeing.
- 46: Mindfulness of Hearing.
- 47: Mindfulness of Smelling.
- 48: Mindfulness of Tasting.
- 49: Mindfulness of Touching.

Mastery 12: Disentangling Awareness

MEDITATION SKILL:

- 50: Mindfulness of Knowing 1.
- 51: Mindfulness of Knowing 2.
- 52: Calming all Mental Activity.