

The 12 Experiential Markers

Experiential Markers are observable experiences that arise as a direct reflection of the development of samadhi (unification of attention) during mindfulness of breathing. These Markers create simple meditation objects to train your attention on, that naturally progress from gross to subtle, aiding in the development of samadhi. When followed sequentially, they create a complete mindfulness of breathing practice up to access concentration.

TIER 1 of Mindfulness of Breathing

TIER 1 of Mindfulness of Breathing has two stages and contains 9 Experiential Markers.

STAGE 1: Grounding of Awareness

- 1) Experiential Marker 1: Remember the Touch of Your Thumbs.
- 2) Experiential Marker 2: Tuning in to the Experience of the Room.
- 3) Experiential Marker 3: Your Body as it Sits in Meditation.
- 4) Experiential Marker 4: Awareness Grounded Within Body.

STAGE 2: Mindfulness of Breathing

- 5) Experiential Marker 5: Natural Flow of Your Breathing.
- 6) Experiential Marker 6: Knowing 'In' and 'Out' Breaths.
- 7) Experiential Marker 7: Knowing the Length of Each Breath.
- 8) Experiential Marker 8: Knowing Sensation Within Each Breath.
- 9) Experiential Marker 9: Knowing One Point of Breath Sensation.

TIER 2 of Mindfulness of Breathing

TIER 2 of Mindfulness of Breathing replaces Experiential Markers 1-4 with softening awareness within the body to develop kaya-gata sati. It then uses Experiential Markers 5-9 as a foundation for developing the Enlightenment Factors of Joy and Tranquility.

TIER 3 of Mindfulness of Breathing

TIER 3 of Mindfulness of Breathing also has Markers that you can use. These Markers join onto the 9 Experiential Markers used in TIER 1 & 2.

- 10) Experiential Marker 10: Knowing Subtle Sensations of Whole-Body Breathing.
- 11) Experiential Marker 11: Completely Sustained Attention and Awareness.
- 12) Experiential Marker 12: Unified Stable Attention, Free from Hindrances.