

Three Highest Levels of Wisdom

MEDITATION OUTLINE

Preliminary: Visualize an enlightened being of your choosing

1. Ask for help to catch how your mind works.
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I. Refuting objective judgments

1. Think of someone you love. Does everyone think they are as wonderful as you do?
 2. See how some people feel neutral towards them; others may even have a problem with them.
 3. Next try to think of someone who is generally labeled a good person. Does everyone think they are good? Or do some people say they are not so good?
 4. See how the judgment varies depending on perspective. There is no such thing as an objective judgment.
 5. Notice where the label of good, bad, or neutral is coming from.
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II. Refuting that things can't be transformed

1. Think of something that happened to you that you labeled as bad in the past.
 2. Notice how the pain lessened over time.
 3. See how it pushed your life in a different direction making you stronger and wiser and clearer about what you want and what you don't want.
 4. In that sense, you can transform the event and label it differently now.
 5. Notice again, there isn't one objective label. Perspective also changes with time.
 6. See how there isn't anything you can't transform into something more positive for your mind.
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III. Refuting existence separate from a thought and a label

1. Examine the relationship between subject and object deeper.
 2. Can you establish the existence of an object without thinking about it?
 3. What's there before you think about it?
 4. This is the meaning of emptiness. There is no shred of reality separate from your thought and label.
 5. This is why deeds matter, because they create your experience of reality.
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IV. Dedication

1. To close, dedicate what you've done toward establishing a correct view of the world.