

| Stages of the Path (Yanas)   | How to complete each stage   |
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| <p><b>Ground Yana</b></p> <p>Here, we are learning to connect with our actual, embodied self, our Soma. Making this connection is the essential beginning point of the meditative journey because, in meditation, we must begin with who we are. In the Ground Yana, we learn how to enter our own bodily incarnation, coming into direct knowledge of our lived experience. We find that the body is enormously spacious, alive with energy and wisdom.</p>                                 | <p>Complete at least one of the following:</p> <p><a href="#">Your Breathing Body</a> (Sounds True - Audio) OR<br/> <a href="#">The Awakening Body</a> (Shambhala - Book and guided meditations) OR<br/> Awakening the Body (Self Led) OR<br/> <a href="#">Meditating with the Body</a> (Sounds True - Audio) OR<br/> <a href="#">Meditating with the Body</a> – (Dharma Ocean Online/Residential program)</p>               |
| <p><b>Meditation Yana</b></p> <p>Once we enter the inner space of the Soma, we see the limitless possibilities of openness, awareness, and experience that reside there. Without meaning to, we tend to jump right back into our thinking mind, back into our disembodiment. In the Meditation Yana, through the practice of sitting meditation, we train our minds to be less reactive to thoughts. We cultivate and deepen the experience of pure awareness within our state of being.</p> | <p>Complete at least one of the following:</p> <p><a href="#">The Practice of Pure Awareness</a> (Sounds True – Audio) OR<br/> <a href="#">The Practice of Pure Awareness</a> (Shambhala – Book and guided meditations) OR<br/> <a href="#">The Somatic Practice of Pure Awareness</a> (Dharma Ocean Online Program) OR<br/> <a href="#">Dharma Ocean 10-Day Meditation Intensive</a> at Blazing Mountain Retreat Center</p> |
| <p><b>Yana of Love and Compassion</b></p> <p>In the fourth yana we refine our embodiment and somatic awareness further by tapping into the subtle warmth, tenderness, and wisdom of the heart. Through embodied</p>  | <p>Complete at least one of the following:</p> <p><a href="#">Awakening the Heart</a> (Sounds True – Audio) OR<br/> <a href="#">The Boundless Heart</a> (Dharma Ocean Online Program) OR<br/> <a href="#">The Seven Limbed Bodhicitta Training</a> (Available for Foundation Members of Dharma Ocean)</p>  |

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| <p>bodhicitta (or awakening heart) practices, we discover that the heart is the ultimate organ of wisdom and compassion within our Soma; it beholds all beings and life as they are, in and of themselves and from their own side. This is simply the heart's natural way of regarding everything, once the veils of conceptual thinking are relinquished. We realize that to behold things from the view of the heart's territory is to love them selflessly and unconditionally.</p>  |   |
| <p><b>Somatic Descent Yana</b></p> <p>In the third yana we bring our meditative awareness fully into the density, energy, and eventfulness of our body. In this tantric approach to meditation, we begin to see that everything that bursts forth from the empty space of our basic Soma, "the natural state," — the energy of radiant, expressive awareness. We return to "samsara" with new eyes, but beyond that, we begin to realize there never was a "samsara," just the enlightened manifestations of our own awakened nature.</p> | <p>Complete at least one of the following:</p> <p><a href="#">Somatic Descent</a> (Shambhala – Book and guided meditations)<br/>OR<br/><a href="#">Somatic Descent</a> (Sounds True – Audio) OR<br/><a href="#">Somatic Descent</a> (Dharma Ocean Online Program)</p> |
| <p><b>Vajrayana</b></p> <p>In the Vajrayana, we work directly with our obstructing patterns, bringing them to consciousness through the practice, and learning to fully inhabit the painful experiences, thus allowing them to resolve themselves. This Vajrayana trauma work releases huge amounts of energy; over time, we develop the capacity to open and</p>   | <p>Complete the first four Yanas on the path AND</p> <p><a href="#">The View and Approach of Vajrayana</a> (Dharma Ocean Online Programs)</p> <p><a href="#">Dharma Ocean Ngöndro</a> (Dharma Ocean provided)</p>   |

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| make room for the vastness of life that is our human birthright.  |                               |
| <p><b>Yana of Life Itself</b></p> <p>In the final yana, we engage in what might be called “the return.” This sixth yana is not a separate yana, because it is the fruition of all the previous yanas and the training carried out through them. Having developed an initial acceptance and openness toward all situations and emotions, and to all those we meet in life, we now take unconditional openness further. In this yana, we must let go of all our reference points — especially our understanding, practices, and experiences of the past five yanas — and enter the practice of surrendering into everyday life without reservation or hesitation.</p> | No further training is needed |