

# CONTENTS

Introduction	ix
PART ONE. UNLEARNING MEDITATION	
1. Being Realistic about Meditation	3
2. Gentle Intentions	11
3. Instructions as Rules	21
4. Unlearning for Beginning Meditators	27
5. Inconsistencies	31
6. Putting Meditation Experiences into Words	39
7. Personal Stories	47
8. Qualities	57
PART TWO. IMPASSES AND CALM SPACES	
9. Impasses in Meditation	71
10. An Impassable Impasse	75
11. A Partially Cleared Impasse	83
12. Getting Through an Impasse	93

13. Effortless Calm	105
14. Meditating with Drifting Off and Waking Up	113
15. Drifting to Absorption	123
16. Questions Surrounding <i>Samadhi</i>	131

### PART THREE. MULTIPLE MEDITATIVE PROCESSES

17. A Theory of the Meditative Process	137
18. The Primary Transition	149
19. Unlearning Meditation and the Generative Process	157
20. The Three Developed Meditative Processes	161
21. The Non-Taking-Up Process	173
22. The Connected Process	181
23. How to Use these Meditative Processes Skillfully	185

### PART FOUR. LEVELING THE HIERARCHY OF EXPERIENCES

24. Assessing Meditative States	191
A Postscript to Unlearning Meditation	199
 Acknowledgments	 201
Index	205