



## THE DEVELOPMENTAL PROCESS OF MINDFUL INVESTIGATION

Mindful Investigation – the direct, experiential exploration of the Foundational (rather than the Narrative) nature of all experience - is the process that brings together all other elements of practice. It is the center piece of the meditation and mindfulness practice described by the Historical Buddha.

The Foundational nature of experience is multi-dimensional = every moment of experience is interactive, connected, synergistic and in relationship with the many conditions at play in the moment before and after it. As a result, each moment of experience is deeply conditioned by, dependent upon and interdependent with the moment before and after it.

Here is one, partial overview of the process:

<u>The Origins of Experience</u>	<u>1st, 2<sup>nd</sup> &amp; 3<sup>rd</sup> Foundation of Mindfulness</u>	<u>4<sup>th</sup> Foundation of Mindfulness</u>	<u>Mindful Investigation</u>	<u>Result</u>	<u>Change</u>
Bare Experiences	Bare Experiences	Foundational (vs Narrative) Nature of All Experience	Multi-Dimensional		Which Conditions Everything That Follows
→	→	→	→	→	→
Six (6) Body Based Senses  Contact with An Object or Event  Consciousness  Perception  Feeling Tone	Body Sensations  Feeling Tone  Emotions  Thinking  Combinations of These Bare Experiences Producing New Experiences	Continuous, Dependent & Conditioned Change  Interactive, Connected, Synergistic, Relational, Interdependent =Self-Less or Empty  Perception of Becoming Separate & Suffering	Sustained Continuous Attention  One Dimension At A Time  Caring Kind Balanced Relaxed Effort	Cognitive & Intuitive Insight	Shifts / Expansion In Our Relationship With Experience  Understanding  Intention  Thought  Conduct  Relationships