

THE ARCH OF PRACTICE & DEVELOPMENT

A BASIC DISCUSSION MODEL

States of Mind Causing Suffering & Confusion Regarding The Cause of Suffering & The Path To Peace, Satisfaction & Happiness	States of Mind That Support and Promote Mindfulness, Spaciousness & Wisdom and Shift One's Understanding & Relationship with Suffering & Confusion
<p>Causes</p> <p>Craving (Wanting)</p> <p style="padding-left: 40px;">Desire & Aversion</p> <p>Clinging (Attachment)</p> <p>Confusion / Ignorance Resulting in Misperception and Misunderstanding (Delusion)</p> <p style="padding-left: 40px;">Annica & Anatta</p> <p>Confusion</p> <p>Restlessness / Anxiety</p> <p>Doubt</p> <p>Mental Lethargy or Apathy (Turpor)</p> <p>Lack of Exertion or Laziness (Sloth)</p> <p>Characteristics & Influences On Perception of Ourselves, Others, Relationships & Events</p> <p>Rigidity / Fixed</p> <p>Guarded</p> <p>Separateness</p> <p>Self-Centeredness</p> <p>Limiting</p> <p>Contraction</p>	<p>Intention</p> <p>Generosity</p> <p>Kindness & Loving Kindness</p> <p>Self-Compassion & Compassion</p> <p>Joy & Sympathetic Joy</p> <p>Gratefulness</p> <p>Equanimity</p> <p>Characteristics & Influences On Perception of Ourselves, Others, Relationships & Events</p> <p>Softening / Flexible</p> <p>Open</p> <p>Connection</p> <p>Relationship Centered</p> <p>Inclusive</p> <p>Expansion</p>