Conditions That Support the Next Step - An Already Here Adventure

A choose-your-own-adventure practice book

An original temple welcome, complete practices, and choices you can follow on paper.

Begin at The temple garden on page 2.

Scenes are shuffled. Follow the page numbers at the end of each scene. You can stop or change direction whenever you choose.

The temple garden

An original fictional welcome

You step through a small gate into a well-kept garden. Beyond it stands a small but beautiful Theravada Buddhist temple. Inside, one man sits in meditation. His face resembles Siddhartha as you have seen him imagined in art. Incense is burning. Three meditation pads lie before him.

You may sit or move on. If you sit, he opens his eyes, smiles, and greets you: “Welcome. The path is wide. You may begin with your own ordinary experience, and see what it reveals.”

Your adventure

Conditions That Support the Next Step. A neglected shared garden becomes a place to discover what makes the next helpful step possible.

“Try each invitation gently. You can question it, change direction, rest, or leave. Keep what helps and let the rest go. Ancient wisdom is an invitation to investigate, not a promise of an experience.”

Reading this book

Start using either choice below. After that, follow the page numbers rather than reading straight through. Scenes are deliberately shuffled; one scene may run over several pages. Choices appear at its end. In a PDF reader you can also click them. Keep a finger or bookmark at your current page when you pause. Two optional meetings with the man lead back to the exact scene you left.

Story and practice

This adventure is original fiction with modern practice pauses inspired by ancient wisdom. Choices and consequences are story devices, not historical events.

Detailed adaptation notes and gaps are available at the back of the book, so the telling can unfold without stopping for every editorial explanation.

Sources and wisdom

Prerequisites

Choose what comes next

Sit, listen, and begin - turn to page 40.

Move on and enter the adventure - turn to page 40.

Optional: read how this telling was made - turn to page 45.

Let the day continue

Do no harm, do good, and clear the mind: this is the teaching of the awakened.

The fictional garden can be left unfinished. Choose a small real action or let this be the end of today’s visit.

You put the tool away where another person can find it. There is no great reveal of a completed harvest. The old river continues beyond the telling, and the shared garden has one more usable condition than before. The man invites you to notice what would support a next good step in your own day.

Practice pause

Ease without a review

1. Notice

If an easy moment is present, notice it. If not, simply sit comfortably.

2. Distinguish

Distinguish ease from excitement about being calm or checking whether it will last.

3. Watch

Let that extra evaluation rest briefly. Notice what remains.

4. Release

Look around and continue your day. There is no state to preserve.

5. Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

6. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Notice, without grading

What was observable, and what would be useful next?

Sources and wisdom

Mindfulness of breathing

Prerequisites

Two sorts of thinking

What is the purpose?

Choose what comes next

Continue - turn to page 13.

Step off the path for now - turn to page 9.

Choose what would help this moment

Different circumstances may call for a different response. Each invitation returns to the shared stretch.

The man returns to another part of the lesson while the next choice has room to form.

Follow the water downstream. At a dry hollow, the river cannot be commanded into existence. Upstream something must fill and feed it. In the same way, the teaching follows supportive conditions through collected attention toward seeing experience more clearly. When something is understood as it is, the fascination that kept a person circling it can weaken. Letting go is no longer only an instruction imposed from outside.

Notice, without grading

What was observable, and what would be useful next?

Sources and wisdom

Prerequisites

What is the purpose?

Choose what comes next

Meet the discouragement - turn to page 29.

Notice someone else’s success - turn to page 27.

Continue with the shared practice - turn to page 32.

Step off the path for now - turn to page 9.

No need to preserve the moment

The shade shifts as the afternoon moves. A useful pleasant moment need not become something you must keep.

The next task is light enough to share. Shoulders drop a little, or perhaps only the pace changes. A garden can invite steadier attention when people are no longer spending all their energy arguing with the entire job. The scene does not need to become serene before something useful has happened.

Practice pause

Pleasant without holding

1. Notice

Choose a pleasant contact, sound, or sight already present. Use a sense available to you; do not buy or create a stronger sensation.

2. Distinguish

Describe the detail itself, then notice any plan to repeat, improve, or prolong it. These may overlap.

3. Watch

Stay with the detail for a few seconds without adding another plan. Can you distinguish enjoyment from planning, or is the boundary unclear? You do not have to stop either.

4. Release

Enjoy what remains or move on freely.

5. Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

6. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Notice, without grading

What was observable, and what would be useful next?

Sources and wisdom

Prerequisites

The arrow

What is the purpose?

Choose what comes next

Continue - turn to page 38.

Step off the path for now - turn to page 9.

The journey can continue elsewhere

A task, another person, rest or a different practice may be the next useful part of the walk.

The man leaves the gate unlatched. The imagined scene can remain unfinished while you answer a person, move your body, eat, or rest. Leaving the path is not made into a flaw in your character. A bookmark is an invitation, not a debt; the story can meet you again if returning is useful.

Notice, without grading

Your previous scene remains available in your account when signed in, or in this browser for guests when storage works.

An ordinary pause

You may close the book, explore ordinary life, and return to this page whenever you choose. Leaving can be part of walking the path.

Leaving the path

The man in the temple offers a quiet farewell. You can return to ordinary life now, or return to your bookmarked page another day. This pause is not a completed journey.

Sources and wisdom

Prerequisites

What is the purpose?

Choose what comes next

Visit the temple again - turn to page 2.

Borrow a remembered steadiness

You may recall an ordinary moment of steadiness while retaining contact with today’s surroundings. This memory exercise is a personal support, not a condition named by the source.

The man distinguishes this doorway from the old teaching. A represented place or remembered experience may help someone explore attention; another person may find nothing useful in it. Neither response needs a defense. This part of the story gives you permission to experiment without treating a vivid image as evidence of an external event or a spiritual result.

Practice pause

Remembered steadiness, present support

Take care

Do not search for missing trauma memories or treat imagined details as recovered facts. Choose another exercise if the material becomes distressing. Keep your eyes open if helpful and breathe naturally. Stop if you become dizzy, panicked, disoriented, unusually detached, or overwhelmed. Look around, feel ordinary support, and seek help if the effects persist. Do not push through to prove readiness.

1. Prepare

2 minutes. Choose a genuinely remembered, low-intensity occasion when you handled something ordinary well. If none comes easily, use a present-day support instead. Choose a comfortable position and an optional gentle timer. Shorten any phase if needed.

2. Experiment

9 minutes. For three minutes, recall one action you actually took, rather than building an idealized story. For three minutes, notice the current support beneath you while holding that action lightly in mind. For three minutes, name a present situation where a similarly small action could be useful. Avoid requiring the old feeling to return; words are enough when imagery is unavailable.

3. Compare

2 minutes. What belongs to the remembered occasion, and what is available now? Identify a specific action you can choose today without assuming the situations are the same.

4. Return

2 minutes. End the deliberate exercise. Look around, name where you are, and notice the chair or floor. Move comfortably if appropriate. Choose one ordinary next action and give yourself time before resuming it. Record a sentence only if useful; an unfinished exploration is enough.

5. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

An optional personal exploration

This modern method is not established as an instruction in the referenced teaching. Try it only if useful; its relationship and limits are explained in the adaptation notes.

Notice, without grading

Was this useful today? An image, memory or feeling does not establish the source’s reported outcomes.

Sources and wisdom

Analysis of the path

Prerequisites

What is the purpose?

Choose what comes next

Return to the shared stretch - turn to page 35.

Step off the path for now - turn to page 9.

The next part belongs to your day

Let the story and exercises finish. You can choose an ordinary activity, take a rest or explore another adventure.

The place you have been exploring continues beyond your part in it. There is still work to do and information nobody possesses yet. The man is waiting at the temple to receive an ordinary person, not an example of a completed teaching. A useful direction can be carried without making the story’s ending settle the rest of your life.

Notice, without grading

Which small observation or action is worth carrying forward? Completion records participation only.

Back at the temple

You return through the well-kept garden to the small temple. Incense drifts past the three meditation pads. The man opens his eyes, smiles, and welcomes you back.

The man speaks

You tended the conditions around one useful step. The garden did not need a finished harvest before a little care could begin.

“You are welcome to walk another adventure, or return to ordinary life. There is nothing you need to prove before you go.”

An ending

To return to ordinary life, close the book here. Finishing marks participation, not an attainment.

Sources and wisdom

Prerequisites

What is the purpose?

Choose what comes next

Sit in the temple and begin a fresh visit - turn to page 2.

Carry only what helps

An optional meeting - original fiction

You find the man beside the temple garden. He makes room for you to sit. This meeting is a pause in the adventure, not a required practice.

The man speaks

“Difficulty can invite investigation, but suffering is not something to seek or glorify. Tend the supports you can reach without promising yourself an automatic sequence of results.”

He smiles. “When you are ready, return to where you left the story.”

Sources and wisdom

Prerequisites

Choose what comes next

Return to “Meet the discouragement” - turn to page 30.

A harvest without conditions

In the fictional garden, the character waits for complete confidence before watering, communicating or asking for help. The bed dries further. Demanding the result before tending its conditions has added avoidable suffering.

The man does not rescue the imagined situation with a sudden lesson that makes its cost disappear. Someone has been left unheard, a need has gone unmet, or attention has become a wall. This consequence belongs to the fiction. You can retrace the turn and consider another response without practicing harm in your own life.

Notice, without grading

This fictional outcome is not a judgment about you. Retrace it, choose a different response, or leave for now.

Leaving the path

The man in the temple offers a quiet farewell. You can return to ordinary life now, or return to your bookmarked page another day. This pause is not a completed journey.

Sources and wisdom

Prerequisites

What is the purpose?

Choose what comes next

Try another direction - turn to page 34.

Visit the temple again - turn to page 2.

Choose the direction of one action

An impulse to prove yourself and an intention to help may feel different. Notice which intention you would like to feed.

You choose one small part of the garden. A cleared corner can look unimpressive beside the wish to restore everything. The old water image gives the scale another meaning: a pool fills by receiving what can reach it. A manageable intention may be one of the conditions this place has been lacking.

Practice pause

Recognition and intention

1. Notice

Look at an ordinary object such as a cup.

2. Distinguish

Distinguish its visible appearance, recognizing “cup,” and any intention to pick it up.

3. Watch

Is every part equally apparent? Does recognizing it immediately lead to doing something?

4. Release

Leave the cup alone or use it. Finish with ordinary activity.

5. Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

6. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Notice, without grading

What was observable, and what would be useful next?

Sources and wisdom

How elaboration gathers

Prerequisites

The fourfold round

What is the purpose?

Choose what comes next

Continue - turn to page 23.

Step off the path for now - turn to page 9.

Let one demand rest

Leave a nonessential demand for certainty alone briefly. Practical watering, rest and communication remain available.

The gardener asks what should be kept for another day. Not every method deserves repetition simply because effort was spent on it. Something that helped can be made easier to continue; something that did not can be revised. The garden becomes a place of learning instead of a monument to the first plan.

Practice pause

Leave the pursuit for a moment

1. Notice

Notice a harmless wish for more entertainment or stimulation.

2. Distinguish

Recognize both the want and your ability to choose a next step.

3. Watch

Briefly leave the pursuit alone. Does the want stay the same?

4. Release

Choose freely. Do not use this to withhold something you need.

5. Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

6. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Notice, without grading

What was observable, and what would be useful next?

Sources and wisdom

How elaboration gathers

Prerequisites

What is the purpose?

Choose what comes next

Continue - turn to page 4.

Step off the path for now - turn to page 9.

Give attention workable conditions

Wise people practice self-control in their actions, speech, and thoughts.

Put aside one unnecessary demand for this brief pause. Returning to useful work will still be available.

A wish to hurry returns. You could pull at the plant to make it taller; the absurdity is easy to see when pictured with a stem. It is harder to notice when the same demand is made of a mind. The gardener lets the impulse pass without making impatience another weed to hate.

Practice pause

Conditions for quiet

1. Notice

Sit comfortably somewhere you can pause safely.

2. Distinguish

Notice breathing and any unnecessary effort around it. Change position if needed.

3. Watch

Allow breathing to remain natural while effort softens if it can.

4. Release

End gently. A busy mind is not a failed attempt.

5. Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

6. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Notice, without grading

What was observable, and what would be useful next?

Sources and wisdom

Mindfulness of breathing

Prerequisites

What is the purpose?

Choose what comes next

Continue - turn to page 37.

Step off the path for now - turn to page 9.

Before the message

Consider one truthful, considerate sentence about the shared task. A helpful outcome needs more than sounding calm.

The gardener sets down a heavy tool and shows you a blocked opening. Before working harder, it may help to see what the water meets. The source's onward sequence begins through difficulty and confidence, not through pretending difficulty is secretly pleasant. You can recognize a problem without making it the whole meaning of the garden.

A modern practice pause

Before the reply

Before you begin

Choose a safe, ordinary situation. You may pause or finish at any time.

Take care

No message needs to be sent. Keep boundaries and necessary protective action.

1. Invitation 1

Use a low-stakes message, real or imagined. Keep your hands comfortably supported. Leave urgent or unsafe situations to practical care.

2. Invitation 2

Before replying, ask whether the words are truthful and whether sending them is likely to harm you, the other person, or both. Bodily tension is information, not the answer to that question.

3. Invitation 3

Draft one accurate sentence without an accusation about a motive you cannot know. If it would cause avoidable harm, revise it or choose not to send it.

4. Invitation 4

If you speak or send, remain attentive to the effects. Stop or correct course when harm becomes apparent. You can also leave the draft unsent.

After the practice

What did you choose, and what still needs checking?

Notice, without grading

What was observable, and what would be useful next?

Sources and wisdom

Analysis of the path

Prerequisites

Reflection on action

What is the purpose?

Choose what comes next

Continue - turn to page 43.

Step off the path for now - turn to page 9.

Arrive at the garden

A pot fills one drop at a time; a wise person grows in goodness through small acts.

Begin with your actual position before planning the day’s repairs. The garden can remain a story if that is more useful.

The shared garden is less neglected than it first appears. There are tools, a water source, and people who once cared for the beds. What is missing is a way for these things to meet. The gardener kneels beside a dry channel while the man tells of rain gathering in pools, streams, and rivers. Nothing begins by ordering the river to arrive.

Practice pause

Knowing this position

1. Notice

Notice whether you are sitting, standing, walking, or lying down.

2. Distinguish

How do you know? Notice contact and position without adjusting them.

3. Watch

Stay with that ordinary knowledge briefly.

4. Release

Continue your activity; there is nothing to retain.

5. Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

6. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Notice, without grading

What was observable, and what would be useful next?

Sources and wisdom

Establishing mindfulness

Prerequisites

What is the purpose?

Choose what comes next

Continue - turn to page 17.

Step off the path for now - turn to page 9.

Notice someone else’s success

A neighboring bed is thriving. Its gardener’s success can be welcomed while your own work is unfinished.

The man returns to another part of the lesson while the next choice has room to form.

Walk back toward the mountain. The same teaching also traces how distress is sustained: not knowing, habitual activity, contact, feeling, craving, holding on, and the renewed life of that holding. There is a history behind the moment that seems to have appeared by itself.

Practice pause

Room for someone else’s joy

1. Notice

Recall someone’s small success or happiness.

2. Distinguish

Notice any comparison alongside the possibility of being glad for them.

3. Watch

Give their good fortune a moment of appreciative attention.

4. Release

Let your response be as it is. Warmth need not be forced.

5. Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

6. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Notice, without grading

What was observable, and what would be useful next?

Sources and wisdom

Cultivating care and steadiness

Prerequisites

What is the purpose?

Choose what comes next

Return to the shared stretch - turn to page 32.

Step off the path for now - turn to page 9.

Meet the discouragement

The dry bed can be disappointing without becoming a verdict on you. Give the difficulty some care before choosing a task.

The man returns to another part of the lesson while the next choice has room to form.

Follow the water downstream. At a dry hollow, the river cannot be commanded into existence. Upstream something must fill and feed it. In the same way, the teaching follows supportive conditions through collected attention toward seeing experience more clearly. When something is understood as it is, the fascination that kept a person circling it can weaken. Letting go is no longer only an instruction imposed from outside.

Practice pause

Meeting difficulty with care

1. Notice

Bring to mind an ordinary difficulty someone is having.

2. Distinguish

Notice judgment, if present, and the possibility of wishing them relief.

3. Watch

Offer care without taking over their experience. What changes, if anything?

4. Release

Choose practical kindness if appropriate, or leave the intention there.

5. Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

6. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Notice, without grading

What was observable, and what would be useful next?

Sources and wisdom

Cultivating care and steadiness

Prerequisites

What is the purpose?

Choose what comes next

Return to the shared stretch - turn to page 32.

Step off the path for now - turn to page 9.

Optional: visit the man in the temple - carry only what helps - turn to page 15.

The garden does not hurry

An optional meeting - original fiction

You find the man beside the temple garden. He makes room for you to sit. This meeting is a pause in the adventure, not a required practice.

The man speaks

“A garden grows through conditions, not a demand for a harvest. Ask what makes the next good step possible: a little trust, rest, companionship, or a task made smaller.”

He smiles. “When you are ready, return to where you left the story.”

Sources and wisdom

Prerequisites

Choose what comes next

Return to “Conditions That Support the Next Step” - turn to page 40.

Let something good count

A person who lives with integrity and understanding, acts fairly, speaks truthfully, and attends to their responsibilities is valued by others.

A patch of shade or a completed task is already available. Notice a small ease without requiring it to erase difficulty.

A little water reaches the cleared channel. Nobody calls it a harvest. There is still a small gladness in seeing one condition meet another. The man recalls how the teaching moves from gladness toward uplift, calm, and ease. These are supports in a training, not feelings the gardener can command from the seed.

Practice pause

Already pleasant

1. Notice

Notice something pleasant that is here already.

2. Distinguish

Look for any shift toward securing the next pleasant moment.

3. Watch

Can you tell enjoyment from wanting continuation? Leave the boundary uncertain if it is.

4. Release

Let enjoyment remain without making this a test of restraint.

5. Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

6. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Notice, without grading

What was observable, and what would be useful next?

Sources and wisdom

Prerequisites

The arrow

What is the purpose?

Choose what comes next

Continue - turn to page 7.

Step off the path for now - turn to page 9.

A fictional shortcut

Demand a harvest before tending anything. This direction is a story to examine, not an instruction to perform.

A shortcut offers to remove the uncertainty that has made the journey human. You can hear why the offer is attractive without accepting its terms. The man leaves the fictional consequence available to inspect, and leaves another direction open. The point is discovery, not catching a reader in a mistake.

Notice, without grading

What was observable, and what would be useful next?

Sources and wisdom

Prerequisites

What is the purpose?

Choose what comes next

Follow the fictional consequence - turn to page 16.

Begin with the shared practice instead - turn to page 25.

Step off the path for now - turn to page 9.

Look more closely

Choose one small moment from the garden story and distinguish what was sensed, felt, recognized, intended and known.

Someone proposes the larger project again. You can care about that horizon while leaving one portion unplanned. The source follows its supporting sequence toward the fading of attachment and release. Our garden reaches only a small understanding of how a useful action can stop being a contest with the future.

Practice pause

One moment, five questions

1. Notice

Choose a manageable moment, such as waiting for a reply.

2. Distinguish

Ask: what bodily experience, feeling tone, recognition, and intention are present? What is currently being consciously experienced?

3. Watch

Notice which distinctions are clear. Conscious experience here means seeing, hearing, or knowing this event, not a hidden observer.

4. Release

Set the categories down. You need not find five separate objects.

5. Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

6. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Notice, without grading

What was observable, and what would be useful next?

Sources and wisdom

Prerequisites

The fourfold round

What is the purpose?

Choose what comes next

Continue - turn to page 41.

Step off the path for now - turn to page 9.

An optional personal exploration

You can try a personally developed exercise, or continue without it. Its practical usefulness can be considered separately from its uncertain correspondence to the source.

The man distinguishes this doorway from the old teaching. A represented place or remembered experience may help someone explore attention; another person may find nothing useful in it. Neither response needs a defense. This part of the story gives you permission to experiment without treating a vivid image as evidence of an external event or a spiritual result.

Notice, without grading

What was observable, and what would be useful next?

Sources and wisdom

Prerequisites

What is the purpose?

Choose what comes next

Try borrow a remembered steadiness - turn to page 10.

Continue without this exploration - turn to page 35.

Step off the path for now - turn to page 9.

A little room around the work

Let an ordinary breath be ordinary. The next task need not be prepared by manufacturing a special state.

You look closely at a plant rather than at an imagined finished garden. The teaching connects collected attention with clearer seeing. Here is a modest version of the question: what does this particular living thing need, and what have you merely assumed it needs because the assumption is familiar?

Practice pause

An ordinary breath

1. Notice

Notice a natural breath while seated comfortably.

2. Distinguish

Is this breath relatively long or short? There is no preferred length.

3. Watch

Follow its beginning, continuation, and ending without extending it. What is sensation, and what is the phrase “I am breathing”?

4. Release

Let the question go. Breathe normally and look around.

5. Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

6. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Notice, without grading

What was observable, and what would be useful next?

Sources and wisdom

Mindfulness of breathing

Prerequisites

What is the purpose?

Choose what comes next

Continue - turn to page 21.

Step off the path for now - turn to page 9.

Conditions That Support the Next Step

At a shared garden, an unwatered bed and an unanswered message have become a running argument. You can begin with one repair, without making yourself responsible for the whole garden.

The man begins a telling that will accompany the choices ahead. Its ancient lesson is larger than these brief exercises; the present-day scene is our invented doorway into it.

Rain begins high above the valley. At first there is only a darkening of the ground, then water finding the narrow channels that were already there. Pools fill. Water reaches small streams and then larger ones, until the river carries what no single drop could have carried alone. This is an image used in the teaching: what comes next depends on what supports it.

Notice, without grading

What was observable, and what would be useful next?

Sources and wisdom

Prerequisites

What is the purpose?

Choose what comes next

Begin with an ordinary moment - turn to page 25.

Explore a fictional shortcut - turn to page 34.

Step off the path for now - turn to page 9.

Optional: visit the man in the temple - the garden does not hurry - turn to page 31.

Notice the wish for a result

Catch a modest urge to check whether the repair has already made everything better. What happens when you notice the urge?

You check what the work has actually changed. Water has a route, one bed is clearer, and there are places where help is still needed. Honest observation includes the unfinished parts. A hopeful explanation that cannot admit dry soil would make tomorrow's task harder to meet.

Practice pause

Catch a small want

1. Notice

While safely waiting, notice a wish to check your phone or have a page finish loading.

2. Distinguish

How is the want apparent: words, bodily tension, an image, or something else?

3. Watch

Notice whether it persists, shifts, or disappears.

4. Release

Choose what to do. Observing does not obligate you to refuse the want.

5. Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

6. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Notice, without grading

What was observable, and what would be useful next?

Sources and wisdom

Establishing mindfulness

Prerequisites

What is the purpose?

Choose what comes next

Continue - turn to page 19.

Step off the path for now - turn to page 9.

Repair what can be repaired

If a small commitment was missed, acknowledge that fact. One practical repair can matter without a long argument about your identity.

Someone remembers how this bed used to grow. The memory can become encouragement or another demand to recover the old place exactly. You listen for the useful part. Confidence is a direction to investigate, not a promise that the soil must reward your preferred story this afternoon.

A modern practice pause

After the choice

Before you begin

Choose a safe, ordinary situation. You may pause or finish at any time.

Take care

Repair does not require renewed contact with an unsafe person.

1. Invitation 1

Feel your support and recall one actual action from this adventure. If you only rehearsed it, keep that distinction clear.

2. Invitation 2

What effects did you observe on yourself and others? Separate observations from predictions, hopes, and bodily impressions.

3. Invitation 3

If you caused harm, acknowledge the specific action and consider a safe correction or repair. Ask a trusted person for guidance when needed; do not demand forgiveness.

4. Invitation 4

If the action was helpful, identify the conditions that made it easier and one way to repeat them. If the effects are unknown, leave them unknown and check later if appropriate.

5. Invitation 5

Set down the review. Return to an ordinary responsibility or rest; you do not need a verdict about your whole character.

After the practice

What will you keep, change, or check next time?

Notice, without grading

What was observable, and what would be useful next?

Sources and wisdom

Prerequisites

Recognizing the direction

Reflection on action

What is the purpose?

Choose what comes next

Continue - turn to page 6.

Step off the path for now - turn to page 9.

How this telling was made

Original telling and modern practice

The temple man, present-day settings, connective descriptions, and reader choices are original literary framing. Historical stories retain their recorded direction. Dialogue is modern paraphrase, not a claimed historical quotation. Practice pauses are modern invitations; reading an outcome does not establish that outcome in the reader.

About the adaptation

Original contemporary fiction and practice invitations informed by the linked wisdom sources. No invented event or dialogue is attributed to a historical teacher.

The source and this adventure

The references connect supportive conditions with further development, including ethical care, reduced remorse, joy, calm and clearer understanding. This fictional garden explores small beginnings. It does not turn these relationships into an automatic timetable or establish complete freedom through a pleasant state.

Optional personal exploration

You may recall an ordinary moment of steadiness while retaining contact with today’s surroundings. This memory exercise is a personal support, not a condition named by the source. The exact method is not an instruction recovered from this source. Keep what helps and let the rest go.

Practice beyond the story

Short exercises and fictional outcomes do not complete the training or establish liberation. Ethical conduct, sustained practice, source study and suitable real-world support remain relevant. Your reflections are not collected.

Meeting difficulty with care

adaptation. Meeting difficulty with care: This invitation adapts an operation from the cited discourse: cultivating care. Modern imagery, permission, and interpersonal techniques are adaptations; the full cultivation is not covered.

Room for someone else’s joy

adaptation. Room for someone else’s joy: This invitation adapts an operation from the cited discourse: cultivating care. Modern imagery, permission, and interpersonal techniques are adaptations; the full cultivation is not covered.

Knowing this position

adaptation. Knowing this position: This invitation adapts an operation from the cited discourse: knowing the body. This modern sensory comparison omits the full mindfulness framework and does not establish insight.

Recognition and intention

adaptation. Recognition and intention: This invitation adapts an operation from the cited discourse: distinguishing experiential categories. Changes in viewpoint, naming, or boundaries do not establish not-self, nonduality, or release.

Leave the pursuit for a moment

adaptation. Leave the pursuit for a moment: This invitation adapts an operation from the cited discourse: leaving pursuit or elaboration. A temporary pause is not cessation of craving; useful thinking and necessary care remain available.

Ease without a review

adaptation. Ease without a review: This invitation adapts an operation from the cited discourse: settling body and mind. Natural breathing and temporary ease do not cover the sixteen trainings or establish deep collectedness.

Before the reply

adaptation. Before the reply: New practice addressing: Conduct in daily life. Original contemporary script. It introduces part of the cited training and requires real-world repetition; no attainment is inferred.

After the choice

adaptation. After the choice: New practice addressing: Conduct in daily life. Original contemporary script. It introduces part of the cited training and requires real-world repetition; no attainment is inferred.

Already pleasant

adaptation. Already pleasant: This invitation adapts an operation from the cited discourse: recognizing and investigating wanting. Regulation or preference alone does not establish ethical skillfulness; all four efforts and consequences need consideration.

Pleasant without holding

adaptation. Pleasant without holding: This invitation adapts an operation from the cited discourse: recognizing feeling and response. Acceptance, soothing, or reduced distress alone does not establish source-based steadiness of mind or require accepting harm.

An ordinary breath

adaptation. An ordinary breath: This invitation adapts an operation from the cited discourse: knowing the body. This modern sensory comparison omits the full mindfulness framework and does not establish insight.

Conditions for quiet

adaptation. Conditions for quiet: This invitation adapts an operation from the cited discourse: settling body and mind. Natural breathing and temporary ease do not cover the sixteen trainings or establish deep collectedness.

One moment, five questions

adaptation. One moment, five questions: This invitation adapts an operation from the cited discourse: distinguishing experiential categories. Changes in viewpoint, naming, or boundaries do not establish not-self, nonduality, or release.

Catch a small want

adaptation. Catch a small want: This invitation adapts an operation from the cited discourse: recognizing and investigating wanting. Regulation or preference alone does not establish ethical skillfulness; all four efforts and consequences need consideration.

Remembered steadiness, present support

outside scope. Remembered steadiness, present support: No direct textual basis was established for this modern regulation technique. Optional practical support only. Do not label this technique source-based or infer liberation from its effects.

Sources and wisdom

Analysis of the path

Cultivating care and steadiness

Establishing mindfulness

How elaboration gathers

Mindfulness of breathing

Prerequisites

Recognizing the direction

Reflection on action

The arrow

The fourfold round

Two sorts of thinking

What is the purpose?

Choose what comes next

Return to the temple garden - turn to page 2.