Returning to the Same Questions - 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

Returning to the Same Questions. A familiar notebook offers new observations when the same questions meet a different ordinary day.

“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

Continuing investigation

Choose what comes next

Sit, listen, and begin - turn to page 19.

Move on and enter the adventure - turn to page 19.

Optional: read how this telling was made - turn to page 44.

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

Continuing investigation

The not-self characteristic

Choose what comes next

Visit the temple again - turn to page 2.

Close the notebook

Leave a harmful action undone, because it brings regret; do a helpful action, because it does not bring that regret.

End without a compulsory conclusion. A later visit can ask the same questions using a fresh example.

You close the notebook. The repeated question has not been defeated or exhausted. It can meet another day without being forced into the answer it received today. The man welcomes you back with an unfinished life in which learning is still possible.

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

Continuing investigation

Mindfulness of breathing

The not-self characteristic

Two sorts of thinking

Choose what comes next

Continue - turn to page 21.

Step off the path for now - turn to page 4.

Leave the score unfinished

Set aside the question of how advanced the visit was. Practical learning does not need a rank.

There is a score you could give yourself. It would be easier to defend than a changing observation, and less useful when life asks for a response. The man leaves the score unfinished. An honest description of one event has no need to become a certificate for the person who noticed it.

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

Continuing investigation

How elaboration gathers

The not-self characteristic

Choose what comes next

Continue - turn to page 29.

Step off the path for now - turn to page 4.

Follow an ordinary neutral detail

A plain detail need not become dramatic to be available for investigation.

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

Remain for the final question. What should someone attend to when the liberating work is complete? Again the same aspects of experience are named. The account connects this continued attention with ease in the present and clear knowing.

Practice pause

Neutral has detail

1. Notice

Notice a familiar wall, background sound, or comfortable clothing contact.

2. Distinguish

Does it feel neither particularly pleasant nor unpleasant? Do not force neutrality.

3. Watch

Look for detail without trying to make it interesting. Is boredom a separate response?

4. Release

Let this ordinary experience return to the background.

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

Continuing investigation

Establishing mindfulness

The not-self characteristic

Choose what comes next

Return to the shared stretch - turn to page 35.

Step off the path for now - turn to page 4.

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.

Stay while the question is asked at further stages. Each time, the five aspects are brought back into view. The teaching uses demanding images of vulnerability and affliction, not a reassuring claim that experience will become controllable if a person studies it long enough.

Notice, without grading

What was observable, and what would be useful next?

Sources and wisdom

Continuing investigation

The not-self characteristic

Choose what comes next

Follow a mild emotion - turn to page 25.

Follow an ordinary neutral detail - turn to page 9.

Continue with the shared practice - turn to page 35.

Step off the path for now - turn to page 4.

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 familiar question can meet a different moment. You need not manufacture a new answer each time. Notice whether the question helps you see an ordinary experience more clearly.”

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

Sources and wisdom

Continuing investigation

Choose what comes next

Return to “Returning to the Same Questions” - turn to page 19.

Can a useful moment be kept?

Consider the changing detail without making loss into a failure. This brief inquiry does not establish the full teaching on identity.

A good moment is already different from when you began to name it. Keeping a perfect record of the moment would not make it stay. The telling lets that fact become part of the inquiry rather than evidence that something has gone wrong with practice.

Practice pause

Can this be kept?

1. Notice

Choose a comfortable, mild experience already present.

2. Distinguish

Notice any wish to keep it exactly as it is.

3. Watch

Without holding your breath or tightening, ask whether you can prevent every change.

4. Release

Let the experiment end. This says nothing you must believe about who you are.

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

Continuing investigation

The not-self characteristic

Choose what comes next

Continue - turn to page 7.

Step off the path for now - turn to page 4.

The notebook becomes a certificate

In this fictional branch, an earlier insight is turned into a title the character must defend. New observations are rejected whenever they differ. The notebook fills with explanations for why no correction is needed, and learning narrows.

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

Continuing investigation

The not-self characteristic

Choose what comes next

Try another direction - turn to page 16.

Visit the temple again - turn to page 2.

A fictional shortcut

Collect an experience as a permanent identity. 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

Continuing investigation

The not-self characteristic

Choose what comes next

Follow the fictional consequence - turn to page 15.

Begin with the shared practice instead - turn to page 33.

Step off the path for now - turn to page 4.

The first movement toward a detail

Observe where attention leans before the whole account has formed. No special sequence needs to be forced.

Attention moves toward one detail before the explanation is ready. The notebook has a name for it already, which may help and may also hide the event under a conclusion. The man gives the moment a little space in which yesterday's useful language is not required to do all of today's seeing.

Practice pause

The first lean

1. Notice

Notice an ordinary sound, contact, or sight.

2. Distinguish

Is its quality pleasant, unpleasant, or neither? Unclear is an acceptable answer.

3. Watch

Does wanting more or less follow? Is that the same as the original quality?

4. Release

Let the moment continue without completing an analysis.

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

Continuing investigation

Establishing mindfulness

The not-self characteristic

Choose what comes next

Continue - turn to page 23.

Step off the path for now - turn to page 4.

Returning to the Same Questions

A notebook lies where you left it. The questions look familiar, but today’s sound, mood and small concern are not yesterday’s. There is no need to manufacture a breakthrough before opening the page.

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.

In the Deer Park, two experienced practitioners meet after time alone. Kotthita asks Sariputta what a person of good conduct should attend to. The answer returns to five familiar aspects of experience: bodily form, feeling, recognition, mental activity, and awareness. They are to be examined as changing and incapable of serving as an untroubled possession.

Notice, without grading

What was observable, and what would be useful next?

Sources and wisdom

Continuing investigation

The not-self characteristic

Choose what comes next

Begin with an ordinary moment - turn to page 33.

Explore a fictional shortcut - turn to page 16.

Step off the path for now - turn to page 4.

Optional: visit the man in the temple - the garden does not hurry - turn to page 12.

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

Continuing investigation

The not-self characteristic

Choose what comes next

Try use a temporary reading room - turn to page 37.

Continue without this exploration - turn to page 13.

Step off the path for now - turn to page 4.

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 returned to familiar questions using today’s experience. You can leave the notebook without collecting a label for what you found.

“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

Continuing investigation

The not-self characteristic

Choose what comes next

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

Ask the familiar questions

Distinguish several aspects of one ordinary event. The questions can stay familiar while the example changes.

You ask the familiar questions about change and appropriation. The source does not flatter its listeners with a completely new subject for every advancement. A repeated question can deepen when it meets what is actually occurring rather than a memory of the correct answer.

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

Continuing investigation

The fourfold round

The not-self characteristic

Choose what comes next

Continue - turn to page 11.

Step off the path for now - turn to page 4.

Follow a mild emotion

Let a manageable emotion be encountered in moments rather than treated as one solid object.

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

Stay while the question is asked at further stages. Each time, the five aspects are brought back into view. The teaching uses demanding images of vulnerability and affliction, not a reassuring claim that experience will become controllable if a person studies it long enough.

Practice pause

An emotion in moments

1. Notice

Notice a mild emotion without bringing up a difficult memory.

2. Distinguish

What can you distinguish now: bodily sensation, feeling tone, thinking, or impulse?

3. Watch

Look once more. Are the same details present? Keep no required answer.

4. Release

Stop if looking becomes uncomfortable. Return to a familiar 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

Continuing investigation

Establishing mindfulness

The not-self characteristic

Choose what comes next

Return to the shared stretch - turn to page 35.

Step off the path for now - turn to page 4.

Optional: visit the man in the temple - carry only what helps - turn to page 43.

What is physically available?

Notice a simple physical quality. A description can be useful while remaining incomplete.

Bodily form is not new, but this bodily detail is happening now. The old answer does not excuse the reader from looking because the category is familiar. You can know the room, the seat, and an ordinary contact without requiring them to deliver an unprecedented insight.

Practice pause

Physical qualities

1. Notice

Notice ordinary resistance at a contact point, temperature, and movement with breathing.

2. Distinguish

If already apparent, include moisture such as saliva. Fluidity and cohesion may be something you infer rather than directly feel.

3. Watch

How much can these qualities describe? Where does a name or explanation enter?

4. Release

Let the categories go. Nothing needs to fit neatly.

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

Continuing investigation

Cultivating care and steadiness

The not-self characteristic

Choose what comes next

Continue - turn to page 17.

Step off the path for now - turn to page 4.

Let inquiry retain care

Stay responsive to ordinary needs and people. An investigation that neglects them may need a different balance.

Inquiry still has to share a room with care. A difficult feeling or a person waiting for an answer is not made irrelevant because you are examining experience. The old question can become more useful when it changes an ordinary choice, rather than becoming a reason never to leave the page.

Practice pause

Steady care

1. Notice

Think of someone you care about in an ordinary situation.

2. Distinguish

Distinguish wishing them well from needing a particular outcome.

3. Watch

Can care and steadiness be present together, even briefly?

4. Release

Keep appropriate responsibilities and boundaries. Release only the extra struggle you can leave.

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

Continuing investigation

Cultivating care and steadiness

The not-self characteristic

Choose what comes next

Continue - turn to page 5.

Step off the path for now - turn to page 4.

Wanting the next insight

A careless traveler spreads the dust of their cravings more widely.

Notice a modest wish for the notebook to reveal something important. The wish can be examined too.

The wish for the next insight starts flipping the notebook forward. It has decided that this page is too ordinary. You can recognize the wish without scolding it. The useful question may be the one that lets the current experience become visible instead of only the next promised result.

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

Continuing investigation

Establishing mindfulness

The not-self characteristic

Choose what comes next

Continue - turn to page 20.

Step off the path for now - turn to page 4.

Open the notebook from here

As an arrow maker straightens an arrow, a wise person steadies a restless mind that is difficult to guard.

Know today’s position before comparing today with an earlier visit. An earlier observation need not be recreated.

The notebook opens at a familiar page. A question you once thought you had finished is waiting in the same handwriting. The man begins with two practitioners in the Deer Park, asking what deserves attention at different stages of training. Again and again, the answer returns to the same five aspects of experience.

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

Continuing investigation

Establishing mindfulness

The not-self characteristic

Choose what comes next

Continue - turn to page 27.

Step off the path for now - turn to page 4.

Notice a small ending

If something is worth doing, do it with wholehearted effort.

A sound or thought need not last long to be observed changing. Do not turn a brief observation into a universal conclusion.

Something small ends. The notebook cannot keep the event from ending by describing it accurately. The distinction is gentle but important: a record can preserve an account, not the original moment. The old inquiry turns toward processes whose vulnerability makes them unreliable things to grasp as a permanent self.

Practice pause

Arriving, present, gone

1. Notice

Choose a naturally occurring sound or breath.

2. Distinguish

Notice its arrival, its presence, and any ending you can discern.

3. Watch

If you miss a stage, leave it missed. Do not reconstruct it as direct observation.

4. Release

Return to the room without waiting for another event.

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

Continuing investigation

Establishing mindfulness

Mindfulness of breathing

The not-self characteristic

Choose what comes next

Continue - turn to page 41.

Step off the path for now - turn to page 4.

Use a temporary reading room

A small imagined room may support attention if useful. Recognize it as a representation you can change or leave; its vividness establishes no insight about a permanent self.

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

A mental fortress

Take care

Keep this brief, seated or lying safely. Stop at dizziness, panic, disorientation, an unsettling sense of unreality, or other concerning effects. Use the return steps. Do not push through; if effects persist or worry you, seek professional support. Unusual does not mean advanced.

1. Prepare

Choose a safe ordinary moment with no task demanding your attention. Decide what you expect to notice.

2. Experiment

Choose a small invented room, garden, or fortress. Give it an entrance and three landmarks. Imagine being within it while feeling your actual support. Try opening a door, changing a wall, or softening an edge. Revisit briefly if useful.

3. Compare

Notice whether protection or openness changes the feel of attention, effort, or “me.” Leave the meaning open, then set the place aside.

4. Return

Look around and name familiar objects. Feel the chair or floor. Move your hands and feet. Stand or walk only when steady and appropriate, then resume ordinary activity.

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

Continuing investigation

Fruits of the contemplative life

The not-self characteristic

Choose what comes next

Return to the shared stretch - turn to page 13.

Step off the path for now - turn to page 4.

Arrival and participation

Compare a thought arriving with deliberately continuing one. The difference may be subtle or unclear today.

You have arrived for another practice. That is an action worth recognizing, but it does not measure a stage of awakening. The source's repeated question extends across stages the app cannot diagnose. Here participation can remain participation, with enough modesty to leave the subject open.

Practice pause

An arriving thought and a chosen thought

1. Notice

Sit somewhere familiar and notice an ordinary thought that is already present. If none stands out, use a word you just read.

2. Distinguish

Now deliberately think the word “cup,” or choose another ordinary word. Compare deciding to think it with noticing the earlier thought after it appeared.

3. Watch

Describe what you can remember about each arrival. Did you notice an intention, the word itself, both, or neither clearly? Memory of the sequence can be incomplete. Do not infer a theory of free will from this brief comparison.

4. Release

Leave the question open and return to familiar surroundings.

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

Continuing investigation

The not-self characteristic

Choose what comes next

Continue - turn to page 31.

Step off the path for now - turn to page 4.

Recognize the explanation

An explanation of what happened is another event to notice. It can be tested without being immediately believed or dismissed.

An explanation arrives with a satisfying shape. The man lets it be written, then asks whether the next observation is allowed to correct it. The notebook can be a working companion instead of a wall built from everything you once understood.

Practice pause

Recognize a thought

1. Notice

Sit comfortably and notice a thought when you become aware of one.

2. Distinguish

Is it a plan, a wish, an objection, or another kind of thinking?

3. Watch

Can you notice the thinking as well as its subject? There is no need to find a separate observer.

4. Release

Let attention return to the room. Nothing must be silenced.

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

Continuing investigation

The not-self characteristic

Two sorts of thinking

Choose what comes next

Continue - turn to page 39.

Step off the path for now - turn to page 4.

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

“An answer can become another thing to defend. Let what you understand remain open to examination, and return to the details that first made the question worth asking.”

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

Sources and wisdom

Continuing investigation

Choose what comes next

Return to “Follow a mild emotion” - turn to page 26.

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 reference recommends continuing investigation across different stages of practice. This adventure revisits ordinary experience without assigning a stage. Sorting sensations and thoughts, changes in body image, or completing repeated visits do not establish a lasting awakening or the end of suffering.

Optional personal exploration

A small imagined room may support attention if useful. Recognize it as a representation you can change or leave; its vividness establishes no insight about a permanent self. 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.

An emotion in moments

adaptation. An emotion in moments: This invitation adapts an operation from the cited discourse: noticing change. Changes in viewpoint, naming, or boundaries do not establish not-self, nonduality, or release.

Neutral has detail

adaptation. Neutral has detail: 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.

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.

Physical qualities

adaptation. Physical qualities: 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.

Steady care

adaptation. Steady 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.

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.

The first lean

adaptation. The first lean: 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.

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.

Arriving, present, gone

adaptation. Arriving, present, gone: This invitation adapts an operation from the cited discourse: noticing change. Changes in viewpoint, naming, or boundaries do not establish not-self, nonduality, or release.

Recognize a thought

adaptation. Recognize a thought: This invitation adapts an operation from the cited discourse: recognizing and not feeding unhelpful thought. Regulation or preference alone does not establish ethical skillfulness; all four efforts and consequences need consideration.

An arriving thought and a chosen thought

adaptation. An arriving thought and a chosen thought: This invitation adapts an operation from the cited discourse: investigating change and control. 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.

Can this be kept?

adaptation. Can this be kept?: This invitation adapts an operation from the cited discourse: investigating change and control. 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.

A mental fortress

uncertain. A mental fortress: An imagined form has a thematic resemblance to the mind-made-body passage; it may also be explored for its practical value. The uncertainty concerns textual correspondence, not a verdict on personal usefulness. Fruits of the contemplative life places the described a body represented in the mind after extensive conduct and concentration. These modern constructions are optional personal explorations, not evidence of that attainment. Keep what helps and let the rest go.

Sources and wisdom

Continuing investigation

Cultivating care and steadiness

Establishing mindfulness

Fruits of the contemplative life

How elaboration gathers

Mindfulness of breathing

The fourfold round

The not-self characteristic

Two sorts of thinking

Choose what comes next

Return to the temple garden - turn to page 2.