

Contemplative Psychology in the Nalanda Mind Science Tradition				
Principle	<i>First</i>	<i>Second</i>	<i>Third</i>	<i>Fourth</i>
Noble Truth	Suffering	Origin	Cessation	Path
Mindfulness Fields	Breathing Body	Sensitivity/ Feeling Tone	Awareness/ Mind	Experience/ Elements
Healing Insight	Dissatisfaction	Impermanence	Natural Peace	Selflessness
Wise Emotion	Real Love	Wise Compassion	Grateful Joy	True Equanimity
Theory	<p>Suffering is the unintended effect of mindless living.</p> <p>The 3 Sufferings:</p> <ol style="list-style-type: none"> 1. The Suffering of Suffering 2. The Suffering of Change 3. Pervasive Suffering 	<p>Origin is the causality of compulsive living.</p> <p>Twelve links* of dependent origination are driven by delusion, compulsions, and compulsive action, from life to life, found in four phases of stress reactivity.</p>	<p>Cessation is the door to real freedom and happiness, irreversibly ending the cycle of suffering and abandoning its causes.</p>	<p>The Eightfold Path counteracts the causes of suffering and cultivates causes freedom & lasting happiness. Wisdom is examined, experiential and realized.</p> <ul style="list-style-type: none"> -3 disciplines -3 phases of wisdom -3 refuges -4 reliances
Practice	<p>Body Mindfulness Practice becoming awareness of:</p> <p><u>2 Resistances</u></p> <ol style="list-style-type: none"> 1. Distraction 2. Dullness <p><u>2 Powers</u></p> <ol style="list-style-type: none"> 1. Mindfulness 2. Alertness <p><u>3 Poisons</u></p> <ol style="list-style-type: none"> 1. Confusion 2. Anger 3. Desire 	<p>Mindfulness of Sensitivity and Feeling Tone</p> <p>Tame mindless reactivity to pleasant, unpleasant, & neutral feeling tones that trigger compulsion, by practicing balanced sensitivity.</p>	<p>Mindfulness of Mind</p> <p>Ending the mindless construction of five-fold sense and mental perception, with direct deconstructive awareness of mind.</p>	<p>Mindfulness of Elements</p> <p>Discerning mindfulness that abandons the causal elements of suffering, and cultivates the causal elements of happiness.</p>

Table 1. Noble Truths, Mindfulness Zones, Healing Insights & Emotions, Loizzo, 2015 (Adaptation by A. Campbell)