

ONENESS WITH THE ABSOLUTE

SPIRITUAL ILLUMINATION

BUDDHISM

Hinayana

Mahayana

Indian Buddhism

Tibetan Lamaism

Japanese Zen

Theravada School

Ningmapa School

Kagyupa School

Sakyapa School

Gelugpa School

Soto School

Theory: **arya-marga**
 Practice: **satipathana**

Practice: **dzogch'en**

Practice: **tumo**
 Practice: **mahamudra**

Practice: **freedom of the four ties**

Practice: **samatha and vipasyana**

Theory: **10 figures of the bull**
 Practice: **su-soku-kan and shikantaza**

5 Posthumous Nirvana	4 Attention to the contents of the mind
4 Arhat: the saint (nirvana in life)	3 Attention to the mental states
3 Anagamin: the one who doesn't return	2 Attention to the sensations
2 Sakridagamin: the one who returns only once	1 Attention to the body
1 Srotapanna: entering the stream	
Awakening	

Thogal: "Direct pass or crossing upwards". Methods centered in the luminous aspect of the original knowledge, whose objective is the realization of the rainbow body; i.e. the dissolution of the four elements that compose the physical body in pure light.	
Body of Light	Awakening

Its ultimate objective is to ascend the energetic potential thigle from the base of the trunk to the crown, in order to create the psychic protuberance over the hear of the practitioner which causes Buddhahood.	4 The yoga of the no-meditation
	3 The yoga of the transmutation of the phenomena and the mind through oneness
	2 The yoga of the non-created
	1 The yoga of concentration
Body of Light	Awakening

Method for the purification of the mind oriented towards achieving the <true original nature of the mind>, where you experience that the cycle of phenomenal existence (samsara) and transcendence (nirvana) are not different states from each other, but rather are essentially one.	Awakening
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Method designed to achieve a balanced development of the <state of calm> (samatha) and the <discriminating vision> (vipasyana). While the first calms the mind, the second leads, by analytical examination, to the perception of emptiness (sunyata). The <state of calm> is like an ocean, clear and without waves where the <discriminating vision> moves quietly like a fish.	Awakening
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10 Entry to the market with charitable spirit	2 Shikantaza: nothing but properly sitting down
9 Return to the origin	
8 Oblivion of the bull and cowherd	
7 The bull is forgotten, only the cowherd is left	
6 Return home riding it	1 Su-soku-kan: observation of the number of breathings
5 Taming of the bull	
4 Capture of the bull	
3 Perception of the bull	
2 Perception of the tracks	
1 Search of the bull	Awakening

THE SPIRITUAL PATH

SACRED FIRE

COMMON MAN

MYSTICOSOFIA