

The Meditation Session

“Analytical meditation makes the object appear clearly or definitely to our mind and placement meditation makes our mind more and more closely acquainted with the object so that eventually the mind and its object mix.”

— Geshe Kelsang Gyatso
Joyful Path of Good Fortune

The Meditation Session

Contemplation ('analytical meditation')

1. **Seeking** the object of meditation by recalling the pointing-out instructions that were given to us by our Spiritual Guide.
2. **Finding** the object of meditation (i.e., generic image).

Meditation ('placement meditation')

3. **Holding** the object of meditation through the power of mindfulness for one minute without forgetting.
4. **Remaining** single-pointedly on the object of meditation for about five minutes.