

# THE JADE METHOD

**How can I give my body, mind, and life completely to Great Love for the benefit of all beings?**

Put all aspects of your life in accord with this.

The steps you take incessantly and completely to answer this question give the practice meaning and power.

## I

Body Stable, Breath Calm  
Body Rooted, Breath Energetic  
Body Centered, Breath Centered  
Body Open, Breath Playful  
Body Tall, Breath Whole  
Rid Want, Rouse Freedom  
Rid Hate, Rouse Love  
Rid Stupor, Rouse Energy  
Rid Worry, Rouse Faith  
Rid Doubt, Rouse Doubt

## 2

**Settle awareness on the focus space.** If distracted, use thinking to bring it back. If you are aware of ideas, self or attachment, and especially *attachment to ideas of self*, you are missing the point. If you are aware of your focus space, you are getting the point. Have fun.

3

**Enjoy the challenge of self-control** based on bringing your attention to the focus space and laying it on the focus space. Spread the joyful exhilaration of *fun and integrity* through your whole body. While in this stage, attachment to things of the world becomes obsolete, so one no longer feeds structures of injustice.

4

**Abandon thinking.** Spread the joyful wonder of *concentration and ease* through your whole body. While in this stage, self-control becomes obsolete, so one does not fight or fix oneself or others.

5

**Abandon self.** Spread the peaceful bliss of *directly knowing oneness and freedom from hope-and-fear* through your whole body. While in this stage, through not adding on, one's mind is dead.

6

**Abandon attachment.** Spread the peaceful honesty of *no-pleasure-and-pain and unhindered clarity due to perceptual non-interference* through your whole body. While in this stage, through no friction, one's mind is gone.

7

Affirm,  
or negate,  
or question,  
to realize this completely:

How can I give my body, mind, and life completely to Great Love for the benefit of all beings?