

## 13<sup>th</sup> through 16<sup>th</sup> Contemplations of the *Dhamma* Tetrad Exploring the Nature of Reality

### **13. Focusing on impermanence**

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Noticing the nature of everything, through firsthand experience, including:

1. Impermanence –the arising and dissolving of all our experience both as a particular strand (a breath or a particular vedana) and as a vast, simultaneous, multi-layered process of arising and dissolving.
2. Dependent origination/conditionality (*paticca samuppada*) – seeing the chain of cause and effect unfold.
3. Interconnectedness – arises out of seeing conditionality but more the aspect of seeing the positive connection and interdependence of the experience called “me”
4. Insubstantiality (*sunyata*) – Where is the fixed “me” in the process of arising and dissolving? We clearly exist but not in the narrow way we usually think of. Contacting a more open way of being, full of possibility.
5. Thusness – Getting in touch with the mysterious, ungraspable quality of everything

### **14. Fading away (*viraga*)**

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Focusing on our attachment fading away. Happens organically as we realize impermanence. Releasing the rope.

### **15. Cessation (*nirodha*)**

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Literally the unbinding of the mind from greed, hatred and delusion. The sense of quenching a fire. No longer approaching things as me or mine. The fading away has resulted in this.

### **16. Relinquishment (*patinissa*)**

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Meaning to throw back or give back. We give back everything to which we were attached. Even a subtle sense of self that might have been observing up to this point has dissolved. Letting go even of the practice of Anapanasati.