

**DEVELOPPEMENT DE LA PRATIQUE DE LA
CONNAISSANCE**

I- CONCENTRATION

- **CONCENTRATION**
- **CONCENTRATION ET ETRE CONSCIENT**

**ATTENTION SOUTENUE
EFFORT EXAGERE
CONCENTRATION**

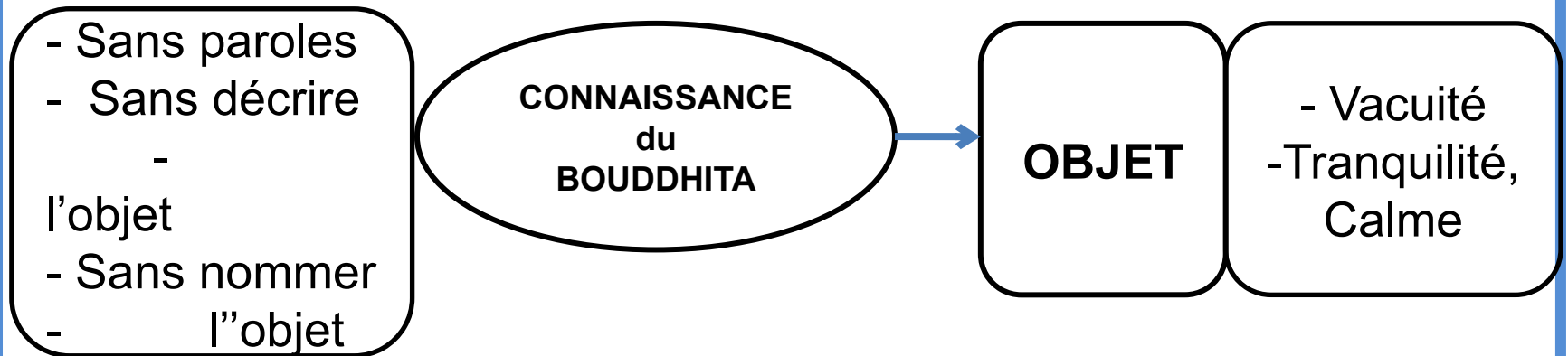


OBJET

**MENTAL EN UN POINT/ One-Pointedness of
Mind**

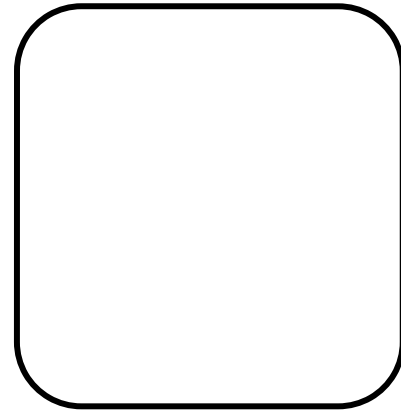
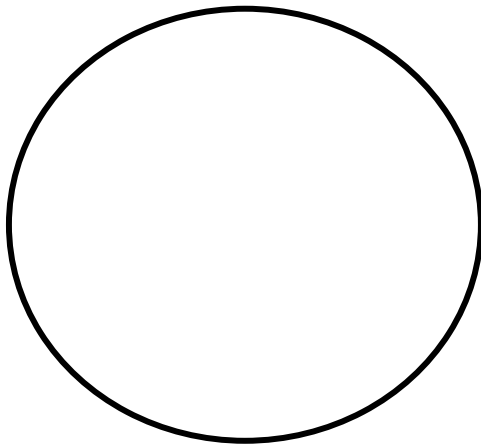
II- CONNAISSANCE SANS PAROLES

- **CONNAISSANCE NON VERBALE**
- **CONNAISSANCE CLAIRE ET COMPLETE NON VERBALE**



MENTAL UNIFIE/ UNIFIED MIND

III- ÊTRE CONSCIENT- CONNAISSANCE SANS PAROLES



**CONNAISSANCE VIDE /
MENTAL VIDE (Sans
pensée) / Bare Mind**

**OBJET VIDE / PAYSAGE
VIDE / Bare Things**