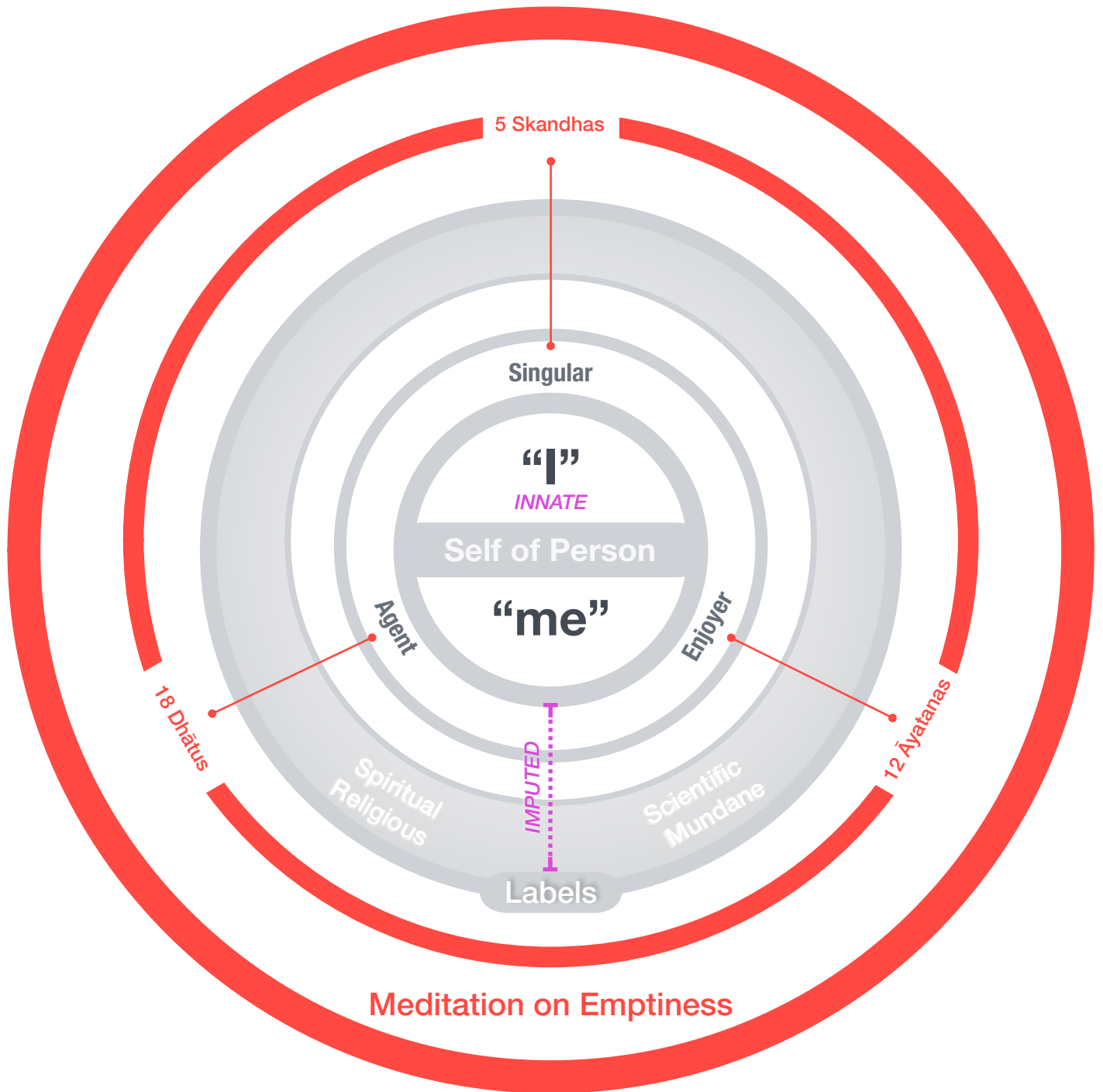


Emptiness Yoga

Progressive Stages of Meditation on Emptiness

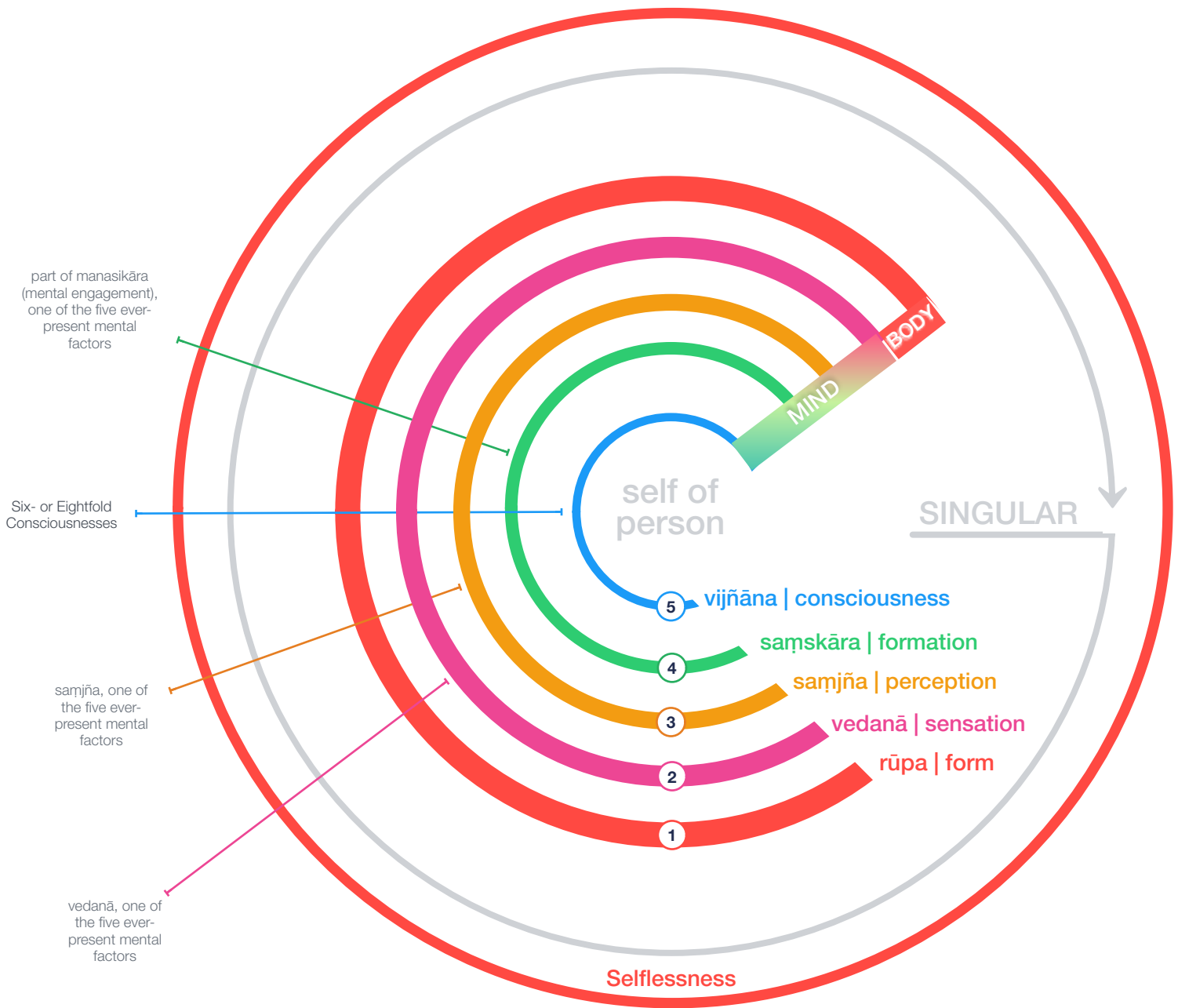
Charts and Diagrams

Study materials presented by Dzogchen Ponlop Rinpoche
at the Emptiness Yoga seminar, August 2021



Progressive Stages of Meditation on Emptiness

Stage I



Progressive Stages of Meditation on Emptiness

Stage I

FIVE SKANDHAS

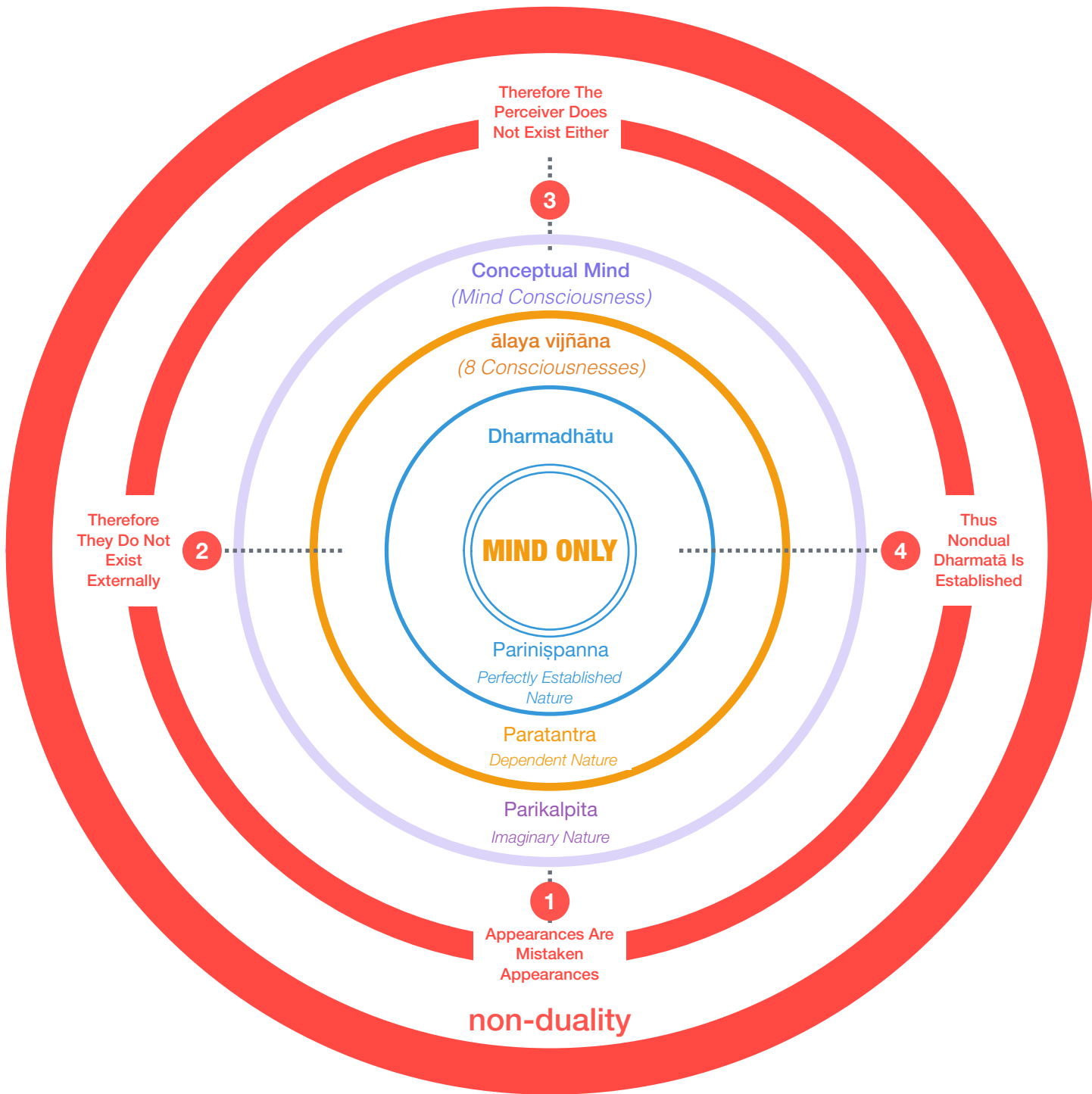


Progressive Stages of Meditation on Emptiness

Stage I

āyatanas

dhātus



Progressive Stages of Meditation on Emptiness

Stage II



Progressive Stages of Meditation on Emptiness

Stage II



Progressive Stages of Meditation on Emptiness

Stage II

Eight Consciousnesses