

Breaking Experience into Four Groups

by Stephen Procter

Breaking our experience of the world into four groups is an essential part of Mindfulness meditation. It is only when we learn how to separate experience that we can start to notice how these different groups interact and influence each other. Groups 1, 3 & 4 interact together with group 2 as the point contact between them. When this contact is made group 2 arises and permeates the experience conditioning us to react / move

Group 1: *The Body Group* – the body group consists of the sensations that we experience within our body

- a) *Earth Element*: Range of softness to hardness
- b) *Fire Element*: Range of cool to hot
- c) *Water Element*: Range of dry to wet – sticky
- d) *Wind Element*: Range of Expansion to contraction – movement, vibration, tension

Group 2: *The Feeling Tone Group* – the feeling tone group is the ‘flavour’ of pleasant or unpleasant that permeates the other three groups. This is the aspect that compels us to ‘react / move’

- a) *Pleasant Feeling tone*
- b) *Neutral Feeling tone*
- c) *Unpleasant Feeling tone*

Group 3: *The Mind Group* – The mind group covers all states of mind, mental qualities, judgements and awareness itself

- a) *Consciousness / Awareness*
- b) *Mindfulness*
- c) *Concentration*
- d) *Positive Mental Qualities*
- e) *Negative Mental Qualities*
- f) *States of Mind*
- g) *Thinking*
- h) *Judgements – Likes / Dislikes*

Group 4: *The 5 Sense Door Group* – The five sense door group covers how we listen to the world through our senses

- a) Seeing – (eye) the door sensitive to light
- b) Hearing – (ear) the door sensitive to sound
- c) Smelling – (nose) the door sensitive to smell
- d) Tasting – (tongue) the door sensitive to taste
- e) Touching – (body) the door sensitive to touch

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