



## Meditator's Journey

In this journey you are going to see a fellow traveler on a serpentine path going uphill *like switch backs up a mountain* He is accompanied at times by an elephant, monkey and rabbit. His hand implements are a hook, lasso and sword.

**The symbol key is as follows:**

**Meditator:**

Person undergoing mind training.

**White Elephant:**

The mind free of laxity

**Black Elephant:**

The mind taken over by laxity

**Resting Elephant:**

Complete Pacification

**Monkey:**

Distraction

**Black Monkey:** Distraction by Excitation

**Rabbit:**

Subtle Sinking mind

**Flying Meditator:** Complete pliancy of body/mind

**Hook:**

Meta- alertness

**Lasso:**

Mindfulness

**Sword:**

Wisdom

**Fire:** Effort