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

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Progressive Stages of Meditation on Emptiness

Stage I

FIVE SKANDHAS



6 Inner Dhātus of Perception

6 Dhātus of Consciousnesses

18 dhatus 18 Constituents

AGENT

ENJOYER

self of person

6 Inner Sources Of Perception

6 Outer Sources Of Perception

Selflessness

Progressive Stages of Meditation on Emptiness

Stage I

āyatanas

dhātus

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Progressive Stages of Meditation on Emptiness

Stage II

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Eight Consciousnesses