

# Introduction to the Summaries

The summaries give you a “bare bones” outline of how to practice each of the 5 Ways. The details are fully described in the corresponding reference manuals. (At present only the Easy Rest reference manual is available.) You can use the summaries as “cheat sheets” when you practice on your own.

You’ll notice that Focus on Rest and Focus on Change come in several “versions.” These are merely ways of describing certain choices regarding options you can apply when you do the technique. The different versions do not represent different techniques per se.

## Focus on Rest

Focus on Rest: Easy Version and Focus on Rest: Standard Version differ in two ways.

1. In the Easy Version you restrict the restful states you note to just mental Blank and physical Relaxation. In the Standard Version you can work with all six flavors of rest or any sub-collection thereof.
2. In the Easy Version you only learn to contact mental Blank as the darkness/brightness in front of/behind your closed eyes (“Grayscale Blank”). In the Standard Version you learn the second way to contact mental Blank (“Look-In-But-Not-At Blank”).

Other than those two points, the versions are identical.

The Easy Version (sometimes referred to as “Easy Rest”) was designed with two goals in mind.

1. It serves as a user-friendly introduction to the theme of working with restful states.
2. It serves as a user-friendly introduction to the general art of noting, with its full range of options regarding labeling (spoken labels, mental labels, or no intentional labels) and zooming (zoom in, zoom out, zoom both ways, or no intentional zooming).

For the above reasons, the “Easy Rest” is a natural place to begin learning the 5 Ways.

The Do Nothing Version of Focus on Rest gives you the option to drop noting and abide in the absolute rest of “non-doing.” Although it may sound self contradictory, there’s actually a way to do non-doing, and it can even be described in words!

In the Easy and Standard Versions of Focus on Rest, you intentionally note flavors of *relative rest*. In the Do Nothing Version, you simply abide without intention. This opens the way for *absolute rest* (Zero, Cessation and the Great Perfection) to spontaneously occur.

## Focus on Change

So much for restful side of nature; now let's talk about the dynamic side of nature.

In the Standard Version of Focus on Change you note “Flow” (change and force) and “Vanishings” (when things disappear). In the Expansion-Contraction Version of Focus on Change you note the “fundamental flavors” of Flow and their Vanishing:

Expansion (Increase, outward force)

Contraction (Decrease, inward force)

Both at the same time

Gone (The moment when a burst of Expansion or Contraction vanishes)

This version of Focus on Change is a user-friendly way of approaching Joshu Sasaki Roshi's version of Zen:

Sometimes Father takes the initiative and Mother follows along, resulting in the ultimately large state known as “king samadhi.”

Sometimes Mother takes the initiative and Father follows along, resulting in the ultimately small state known as “no conflict samadhi.”

Sometimes Mother and Father pull apart and give birth to a child—you and your surroundings.

Sometimes Mother and Father reunite and utterly vanish along with their child into the absolute rest of Zero.