

Walking the Middle Path: Finding the Synthesis between Opposites

Reasonable mind ←—————△————→ Emotion mind

Both regulate actions and make decisions based on reason,
And
take into account values and experience even strong emotions as they come and go.

Doing mind ←—————△————→ Nothing-to-do mind

Both do what is needed in the moment (including reviewing the past or planning for the future),
And
experience fully the uniqueness of each moment in the moment.

Intense desire for change of the moment ←—————△————→ Radical acceptance of the moment

Both allow yourself to have an intense desire to have something else than what is now,
And
be willing to radically accept what you have in your life in the present moment.

Self-denial ←—————△————→ Self-indulgence

Both practice moderation,
And
satisfy the senses.

Other: _____ ←—————△————→ _____

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