

Transforming Through Developmental and Fruitional Paths

Aspect	Developmental Path	Fruitional Path
Mental (Sixth) Consciousness	Maintain realistic beliefs and associated expectations of self and other. Work skillfully with automatic thought content.	See through all mental stories by directly experiencing the fabricated nature of reality.
Afflicted (Seventh) Consciousness	Calm the ego function.	Transcend the ego function through non-identification.
Emotions	Cultivate emotional mastery and the confidence that you can handle anything.	Experience emotionality as wisdom.
Behaviors	Establish mindful self-control and exhibit increasingly disciplined, effective, and ethical behaviors.	Cultivate naturally skillful and ethical conduct in concert with your true identity as a loving and compassionate holder of awareness.