

the meditative mind

	Meditative Mind	Untrained Mind
Attention	Focused	Distracted
Awareness	Expanded	Limited
Thoughts	Observing	Identifying
Emotions	Regulating	Reactive
Perception	Clear	Clouded
Judgment	Non-judgmental	Judgmental
Response	Intentional	Automatic
Concentration	Developed	Scattered
Insight	Cultivated	Absent
Clarity]	Increased	Decreased
Equanimity]	Present	Absent