

STUDYING THE FIVE PATHS AND STAGES OF CHANGE: ANCIENT AND MODERN

Mahāyāna Five Paths	1st path sambhāra-mārga	2nd path prayoga-mārga	3rd path darśana-mārga	4th path bhāvanā-mārga	5th path āsaikṣa-mārga
Changeology	‘PSYCH’	‘PREP’	‘PERSPIRE’	‘PERSEVERE’	‘PERSIST’
Stages of Change	Precontemplation	Contemplation	Preparation	Action	Maintenance
Cognitive-Behavioral Case Formulation	Assessment	Case formulation and diagnosis	Treatment planning and informed consent	Treatment	Continuous monitoring and hypothesis testing
ADPIE Process	Assessment	Diagnosis	Planning	Implementation	Evaluation
i-DMSS	Intelligence	Design	Choice	Implementation	Learning
Innovation Decision	Knowledge	Persuasion	Decision	Implementation	Confirmation
OODA Loop	Observe	Orient	Decide	Act	
Mon–Shi–Shu–Shō	聞 Mon: To hear		思 Shi: To think	修 Shu: Practice	証 Shō: Verification
The Four Truths in Ratnagotravibhāga	The reality of ill-being (duhkha-satya), which is to be understood	The reality of the causes (samudaya-satya) of ill-being, which are to be abandoned	The reality of cessation (nirodha-satya), which is to be actualized	The reality of the path (mārga-satya), which is to be relied upon	
Generalization of the Four Truths	Attuning to the problem	Attuning to the sources of the problem	Attuning to the solution	Attuning to the sources of the solution	
Two Sets of Causes and Effects	Unskillful effects	Unskillful causes	Skillful effects	Skillful causes	
Immunity to Change	Unconsciously immune	Consciously immune	Consciously released		Unconsciously released
Mahāyāna Form / Emptiness	Nonconceptual cognition of form	Conceptual cognition of form	Conceptual cognition of emptiness		Nonconceptual cognition of emptiness
Dongshan’s Five Degrees	The apparent within the ultimate	The ultimate within the apparent	Coming from within the ultimate	Moving within both (apparent and ultimate)	Arriving within both (no apparent nor ultimate)

These comparative notes were rendered by Nathan Strait (nathanstrait.com) while studying the five paths on the 25th of August of 2015 in preparation for a forthcoming work on the same topic.

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