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 aśaiksa-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)

Sources ★ **Mahāyāna Five Paths:** Asanga (2001). *Abhidharmasamuccaya: the compendium of the higher teaching (philosophy)*. Translated from Sanskrit into French by Walpola Rāhula and from French into English by Sara Boin-Webb. Fremont, CA: Asian Humanities Press, pp. 140–175. (Original work dates to fourth century C.E.) ★ Klon-chen-pa Dri-med-'od-zer (Longchenpa) (1976). *Kindly bent to ease us: part one: mind*. The trilogy of finding comfort and ease. Translated from Tibetan by Herbert V. Guenther. Emeryville, CA: Dharma Publishing, pp. 101, 201–203, 241–244. (Original work dates to 14th century C.E.) ★ John Powers (1995/2007). *Introduction to Tibetan Buddhism* (revised edition). Ithaca, NY: Snow Lion Publications, pp. 81–99. ★ **Changeology:** John C. Norcross, Kristin Loberg, & Jonathon Norcross (2012). *Changeology: 5 steps to realizing your goals and resolutions*. New York: Simon & Schuster. ★ **Stages of Change:** James O. Prochaska, John C. Norcross, & Carlo C. DiClemente (1994). *Changing for good: the revolutionary program that explains the six stages of change and teaches you how to free yourself from bad habits*. New York: W. Morrow and Co. ★ James O. Prochaska & Carlo C. DiClemente (2005). The transtheoretical approach. In: John C. Norcross & Marvin R. Goldfried (eds.), *Handbook of psychotherapy integration* (pp. 147–171). New York: Oxford University Press. ★ **Cognitive-Behavioral Case Formulation:** Jacqueline B. Persons (2008). *The case formulation approach to cognitive-behavior therapy*. New York: Guilford Press. ★ Jacqueline B. Persons & Joan Davidson (2010). Cognitive-behavioral case formulation. In: Keith S. Dobson (ed.), *Handbook of cognitive-behavioral therapies* (pp. 172–193). New York: Guilford Press. ★ **ADPIE Process:** Rosalinda Alfaro-LeFevre (1986/2014). *Applying nursing process: the foundation for clinical reasoning* (8th edition). Philadelphia: Wolters Kluwer Health/Lippincott Williams & Wilkins. ★ **i-DMSS:** Manuel Mora, Guisseppi A. Forgionne, Francisco Cervantes, Leonardo Garrido, Jatinder N. D. Gupta, & Ovsei Gelman (2005). Toward a comprehensive framework for the design and evaluation of intelligent decision-making support systems (i-DMSS). *Journal of Decision Systems* 14(3), 321–344. ★ Gloria Phillips-Wren, Manuel Mora, & Guisseppi A. Forgionne (2011). Assessing today: determining the decision value of decision support systems. In: David Schuff, David Paradice, Frada Burstein, Daniel J. Power, & Ramesh Sharda (eds.), *Decision support: an examination of the DSS discipline* (pp. 203–220). New York: Springer. ★ **Innovation Decision:** Everett M. Rogers (1962/2003). *Diffusion of innovations* (5th edition). New York: Free Press, pp. 20–22. ★ **OODA Loop:** H. William Dettmer (2003). *Strategic navigation: a systems approach to business strategy*. Milwaukee, WI: ASQ Quality Press, pp. 27–31. ★ David G. Ullman (2006). *Making robust decisions: decision management for technical, business, and service teams*. Victoria, BC: Trafford, pp. 44–49, 307–310. ★ **Mon-Shi-Shu-Shō:** Shohaku Okumura (2010). *Realizing Genjōkōan: the key to Dōgen's Shōbōgenzō*. Boston: Wisdom Publications, pp. 127–129. ★ **The Four Truths in Ratnagotravibhāga:** Maitreya (2000). *Buddha nature: the Mahāyāna Uttaratantra shāstra* [with commentaries by Kon-sprul Blo-gros-mtha'-yas (Jamgön Kongtrül) & Khenpo Tsültrim Gyamtso]. Translated from Tibetan by Rosemarie Fuchs. Ithaca, NY: Snow Lion Publications, pp. 66, 264. (Original work dates to fourth century C.E.) ★ **Generalization of the Four Truths:** Bhikkhu Anālayo (2011). Right view and the scheme of the four truths in early Buddhism: the Samyukta-āgama parallel to the Sammāditthi-sutta and the simile of the four skills of a physician. *Canadian Journal of Buddhist Studies* 7, 11–44. ★ **Two Sets of Causes and Effects:** Sonam Rinchen (1997). *Atīsha's lamp for the path: an oral teaching*. Translated from Tibetan by Ruth Sonam. Ithaca, NY: Snow Lion Publications, pp. 40–44. ★ **Immunity to Change:** Robert Kegan & Lisa Laskow Lahey (2009). *Immunity to change: how to overcome it and unlock potential in yourself and your organization*. Boston: Harvard Business Press, p. 273. ★ **Mahāyāna Form / Emptiness:** Alexander Berzin (2001). Making progress on the spiritual path: network theory. Retrieved from berzinarchives.com. ★ Alexander Berzin (2002/2006). Cognition of the two truths in the Gelug Sautrāntika, Chittamātra, Svātantrika, and Prasangika systems. Based on explanations received from Geshe Dawa and Geshe Tenzin Zangpo. Retrieved from berzinarchives.com. ★ **Dongshan's Five Degrees:** Taigen Daniel Leighton (2015). *Just this is it: Dongshan and the practice of suchness*. Boston: Shambhala, pp. 211–238.