

Four Yogas of Mahāmudrā

- Yoga of single-pointedness
 - The small stage begins when you can sustain experiences of clarity, emptiness, and bliss, though with difficulty, until these experiences arise continually. While meditating, you can remain free of thoughts, but when off the cushion, you can't.
 - The medium stage begins when you occasionally slip into samādhi and sustain that even though you're not meditating.
 - The great stage of single-pointedness is achieved when you continually remain in the nature of clarity and emptiness at all times, both during meditative equipoise and the post-meditative state, while engaging in the four kinds of activities, day and night.
- Yoga free of elaboration
 - The small stage is reached when you are free of the elaborations of birth and cessation in the nature of concepts, appearances, and mind, but are not yet free of the clinging to the ascertainment of emptiness, and hope and fear still arise toward nirvāṇa and saṃsāra.
 - The medium stage is reached when the clinging to the experience of emptiness has been purified, but hope and fear still arise toward appearances, and conceptual superimpositions persist.
 - The great stage is reached when you are free from clinging to the certainty of grasping to emptiness with regard to everything in the appearing worlds of saṃsāra and nirvāṇa, you are free of hope and fear, and have cut off conceptual superimpositions.
- The yoga of one taste
 - The small stage is reached when you have realized the actual nature of all thoughts and appearances as the one taste, Mahāmudrā, but there is still grasping to the certainty of experiencing that.
 - The medium stage is reached when you have purified the stains of the certainty of grasping to the experience of diversity as being of one taste, appearances are not left outside, the mind is not left inside, and when the indivisibility of appearances and the mind manifests.
 - The great stage is reached when you realize the one taste of diversity, and the one taste arises as diversity, and everything is calmed in the indwelling nature of equality.
- The yoga of nonmeditation
 - The small stage is reached when you no longer need to maintain awareness with mindfulness or specifically abide in meditative equipoise, and all appearances arise as meditation, but there's a little grasping to the illusion-like nature.
 - The medium stage is reached when you are free of grasping to the illusion-like nature, and at all times, day and night you remain in nonmeditation, and in subsequent appearances a subtle aspect of conditioned consciousness arises as natural clarity.
 - The great stage is reached when even subtle conditioned consciousness is transformed into primordial consciousness, and everything is encompassed within primordial consciousness.