	One	Two	Three	Four
Element	Earth	Fire	Air	Water
Colour	Yellow	Red	White	Blue
Season	Summer (Day)	Autumn (Sunset)	Winter (Night)	Spring (Dawn)
Fact	Being Alive	Reactivity Arises	Reactivity Ceases	A Middle Way
Conditions	Consciousness > Name/form > Sense Fields > Contact > Feeling	Craving > Clinging	Disillusion > Detachment > Freedom > Knowing the End of Reactivity	
Task	Embrace Life (E)	Let Reactivity Be (L)	See Reactivity Stop (S)	Actualise a Path (A)
Path	Formation	Unification	Vision	Cultivation
Mindfulness	Existential	Therapeutic	Contemplative	Ethical
Thirty-two Virtues and Skills	Four Foundations of Mindfulness Body, Feelings, Mind, Ideas  Four Resolves Creating conditions for reactivity not to arise - for letting reactivity be - for skills and virtues to arise - for sustaining and increasing skills and virtues  Four Steps of Creativity Aspiration, Perseverance, Intuition, Experimentation	Five Powers  Confidence Courage Mindfulness Collectedness Discernment	Seven Facets of Being Awake Mindfulness Wonder Courage Joy Stillness Collectedness Equanimity	Eightfold Path Mindfulness Collectedness Perspective Imagination Application Survival Work Voice
Immeasurable	Love	Compassion	Rejoicing	Equanimity
Commitment	Beings are boundless; I will care for them all.	Reactivity is inexhaustible; I will let go of it all.	Gateways are numberless; I will enter them all.	The path has no end; I will get there.

KM / GLB / SB 2 December 2022