Walking the Middle Path: Finding the Synthesis between Opposites

Reasonable mind	•	Emotion mind
Both regulate actions and make decisions based on reason, And		
take into account values and experience even strong emotions as they come and go.		
Doing mind		Nothing-to-do → mind
Both do what is needed in the moment (including reviewing the past or planning for the future), <i>And</i>		
experience fully the uniqueness of each moment in the moment.		
Intense desire for change of the moment		Radical acceptance of the moment
Both allow yourself to have an intense desire to have something else than what is now, And be willing to radically accept what you have in your life in the present moment.		
Self-denial		→ Self-indulgence
Both practice moderation, And satisfy the senses.		
	Other:	
		→

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