



See [Series Overview](#) for a description of this diagram.

## FOR YOUR CONTEMPLATION

Work with the sense of there being two universes, the horizontal and the vertical. Notice that they intersect only in the here and now. How much time do you spend within each one? What are the qualities of each, and how does each support your life? During meditation are you abiding within the horizontal or the vertical? Are there times when one is more appropriate than the other? What has to be surrendered in the horizontal for the vertical to be perceived?

*This series is based on the book, "[Awakening: A Paradigm Shift of the Heart](#)" (Shambhala 2014).*