

# A Cartography of Care

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