

UPAYAS FROM SECRET SUPREME – CHAPTER 5

Upāya	Aspects	Energy	Nature of Practice	Field
Anupāya	<i>ānandopāya</i>	Bliss	no practice	supreme subjective
Śāmbhavopāya	<i>icchopāya</i>	Will	will and knowledge	subjective
Śāktopāya	<i>jñānopāya</i>	Knowledge	between two thoughts	cognitive
Āṇavopāya	<i>kriyopāya</i>	Action	between two breaths	objective