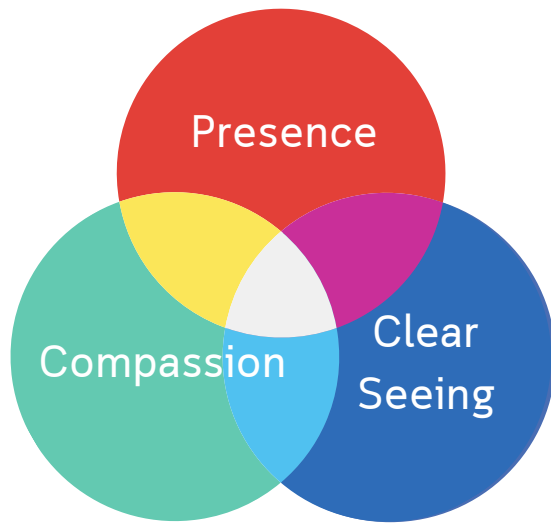


The Tricolor Model of Contemplative Practices



Example Practices By Emphasis

- Mindfulness meditation, tai chi, centering prayer
- Insight meditation, self-inquiry, critical thinking
- Loving-kindness (metta), tonglen, activism
- Making art, haiku, mindful reading and study
- Gratitude, psychotherapy, journaling
- Mindful listening, metta body scan, gardening
- Central Overlap Rule (see box to right)

A contemplative practice is any activity that, over time, fosters presence, compassion, and clear seeing in daily life—considering the following:

Central Overlap Rule (COR): A practice should ideally support all three components—presence, compassion, and clear seeing—to some extent, even if it emphasizes one or two. At a minimum, an activity that diminishes any of these components does not qualify.

Long-Term Focus: The focus is on lasting change rather than immediate results from any one practice session.

A Wider Lens: The Tricolor Model is meant to clarify and broaden what qualifies as a contemplative practice.

Choose an Activity: Is it a Contemplative Practice for You?

The Tricolor Model helps to identify, assess, and improve practices based on how well they foster presence, compassion, and clear seeing for each individual.

Presence: Present-moment awareness and mindful embodiment

- Does the activity foster greater presence in your daily life? If so, to what extent?
- Can you describe any lasting improvements in your presence from this activity?

Compassion: Awareness and capacities aimed at alleviating suffering

- Does the activity foster greater self-compassion and compassion for others in your daily life? If so, to what extent?
- Can you describe any lasting improvements in your compassion from this activity?

Clear Seeing: Perceiving in less biased and more truthful ways

- Does the activity foster perceiving yourself, others, and the world more clearly and truthfully in your daily life? If so, to what extent?
- Can you describe any lasting improvements in your clear seeing from this activity?

Central Overlap Rule: See explanation in the upper right box

- Does the activity diminish presence, compassion, or clear seeing in daily life?

About the Tricolor Model

The Tricolor Model is adapted from an outcome-based scientific framework (Quaglia, 2024). It draws on the metaphor of the RGB Color Model, in which red, green, and blue light can be combined to create different colors, including their union as white light.

Quaglia, J. T. (2024). The Tricolor Model of Contemplative Practices [PDF]. Retrieved from <https://www.jordanquaglia.com/tricolormodel>

Quaglia, J. T. (2024). *The Tricolor Framework of Contemplative Phenomena: A flexible, outcome-based approach to understanding contemplative practices and experience*. [Manuscript in preparation].

For more: www.JordanQuaglia.com/tricolormodel