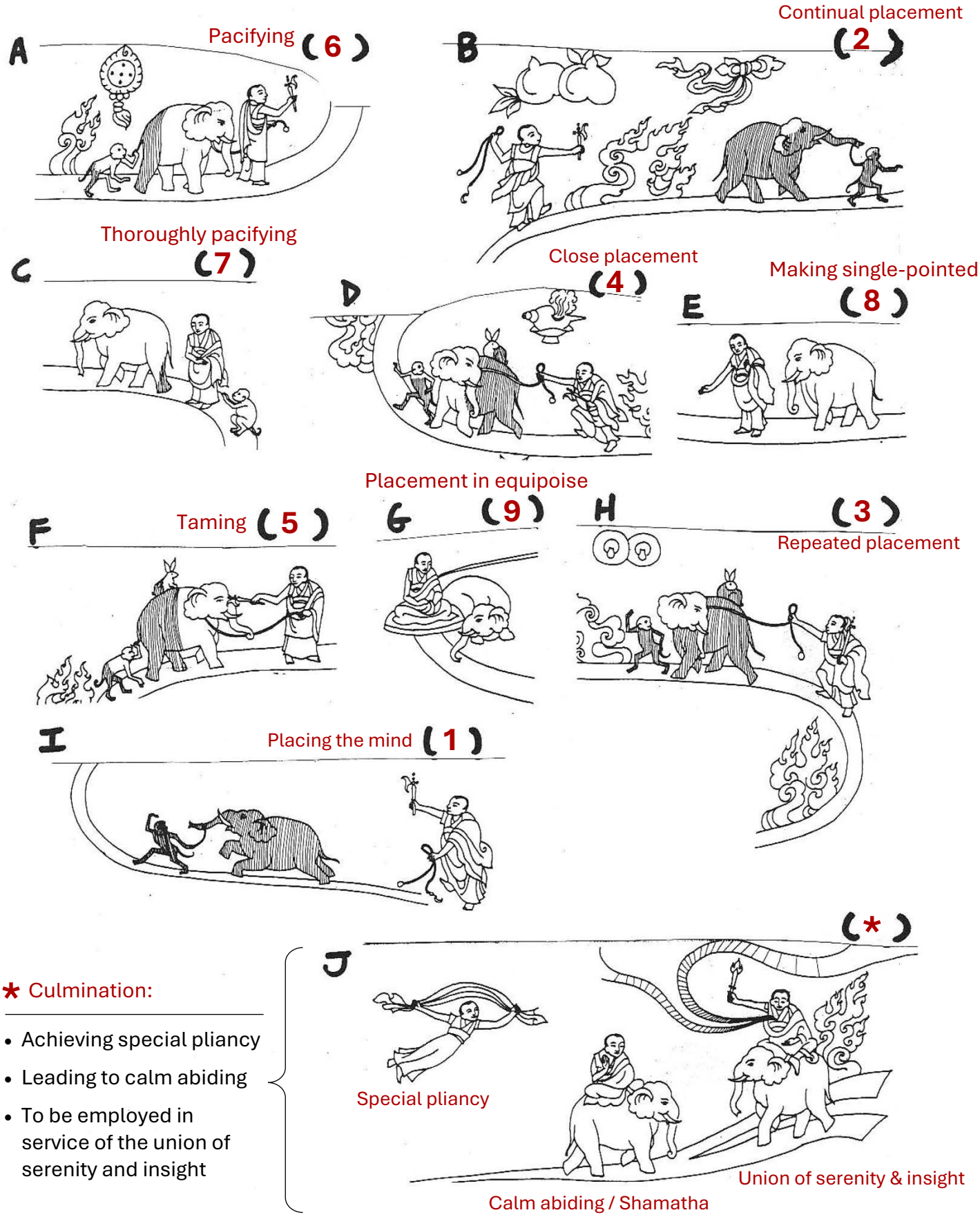
Answer Key: Nine Stages of Sustained Attention



★ Culmination:

- Achieving special pliancy
- Leading to calm abiding
- To be employed in service of the union of serenity and insight