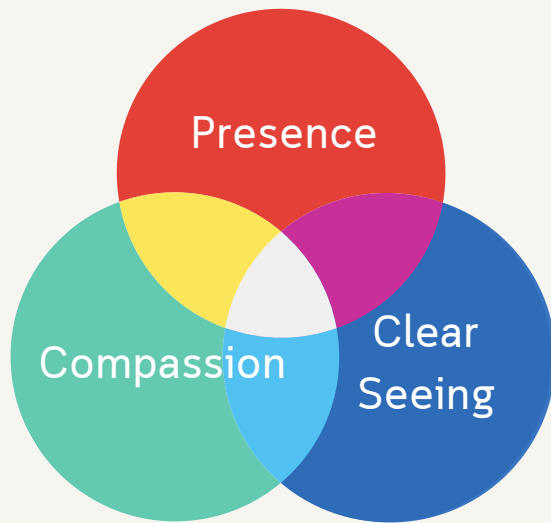


The Tricolor Model of Contemplative Practices



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, when engaged in as a practice 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, 2026). 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. (2026). The Tricolor Model of Contemplative Practices (Version 2.0) [PDF]. Retrieved from <https://www.jordanquaglia.com/tricolormodel>

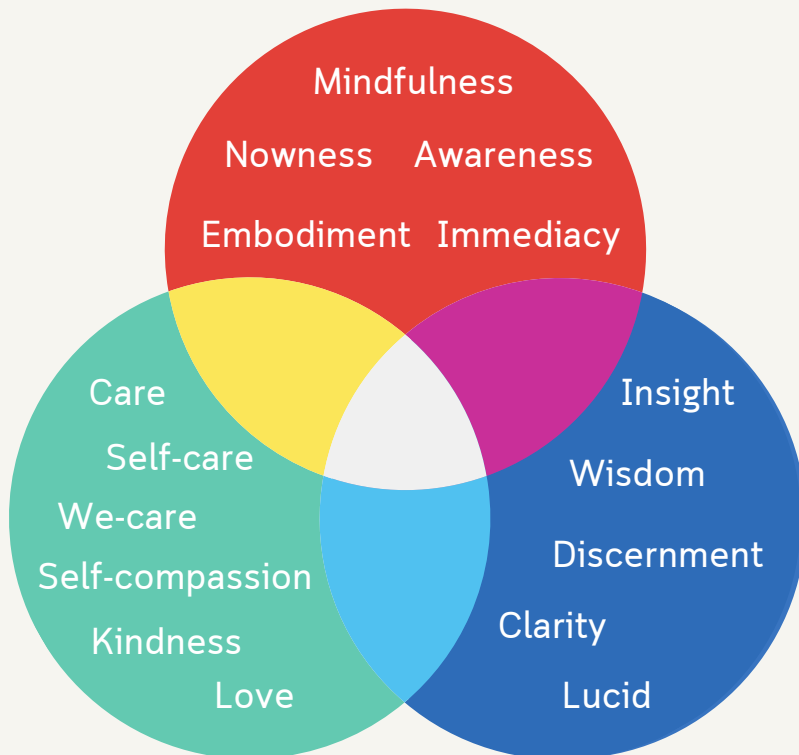
Quaglia, J. T. (2026). *The Tricolor Framework of Contemplative Phenomena*. [Manuscript in preparation].

For more: www.JordanQuaglia.com/tricolormodel

The Tricolor Model of Contemplative Practices

Umbrella Terms and Related Qualities

The Tricolor Model considers **Presence**, **Compassion**, and **Clear Seeing** to be broad umbrella terms—meaning they each include other qualities within their scope. This version shares **a few possible related terms** for each quality, depending on the person and practice.



Active and Restorative Practices

Many contemplative practices actively cultivate presence, compassion, and clear seeing, while others function more restoratively, helping regulate and renew these qualities. Both are important for contemplative development.

From Qualification to Cultivation

The Tricolor Model is initially designed to assess whether an activity qualifies as a contemplative practice. It can also be extended by asking **to what extent** a given activity cultivates presence, compassion, and clear seeing in daily life.

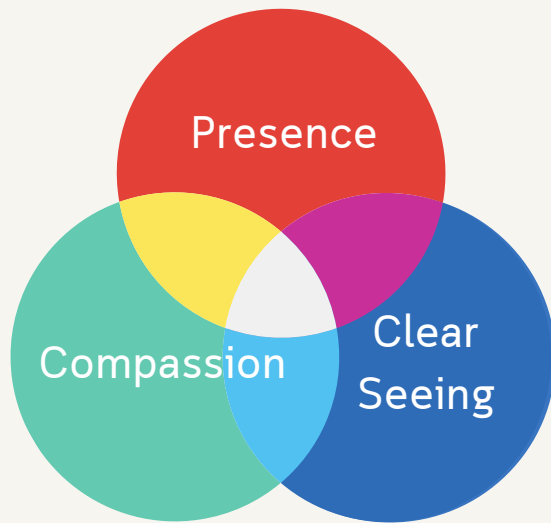
Seen this way, the Tricolor Model can also serve as a reflective tool, encouraging us to ask not only whether an activity counts as contemplative, but also how strongly it supports the ongoing cultivation of **presence**, **compassion**, and **clear seeing**.

For example, two activities may both qualify as contemplative practices, while differing in how strongly they cultivate presence, compassion, and clear seeing in daily life. A formal seated mindfulness practice may strengthen these qualities in a more powerful and consistent way, whereas a contemplative walk in nature may also foster them, but perhaps in a less concentrated way.

Core and Supportive Practices

The Tricolor Model allows for a distinction between core and supportive practices. Core practices cultivate presence, compassion, and clear seeing in a more immediate and explicit way, whereas supportive practices contribute to their development more indirectly by strengthening the conditions under which these qualities can grow. Both may qualify as contemplative practices, provided they make a meaningful contribution to the long-term cultivation of presence, compassion, and clear seeing in daily life. In this way, the model broadens what counts as contemplative practice without collapsing important differences in contemplative depth or directness.

The Tricolor Model of Contemplative Practices



My Practices By Emphasis

☐	_____
☐	_____
☐	_____
☐	_____
☐	_____
☐	_____
☐	_____

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

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