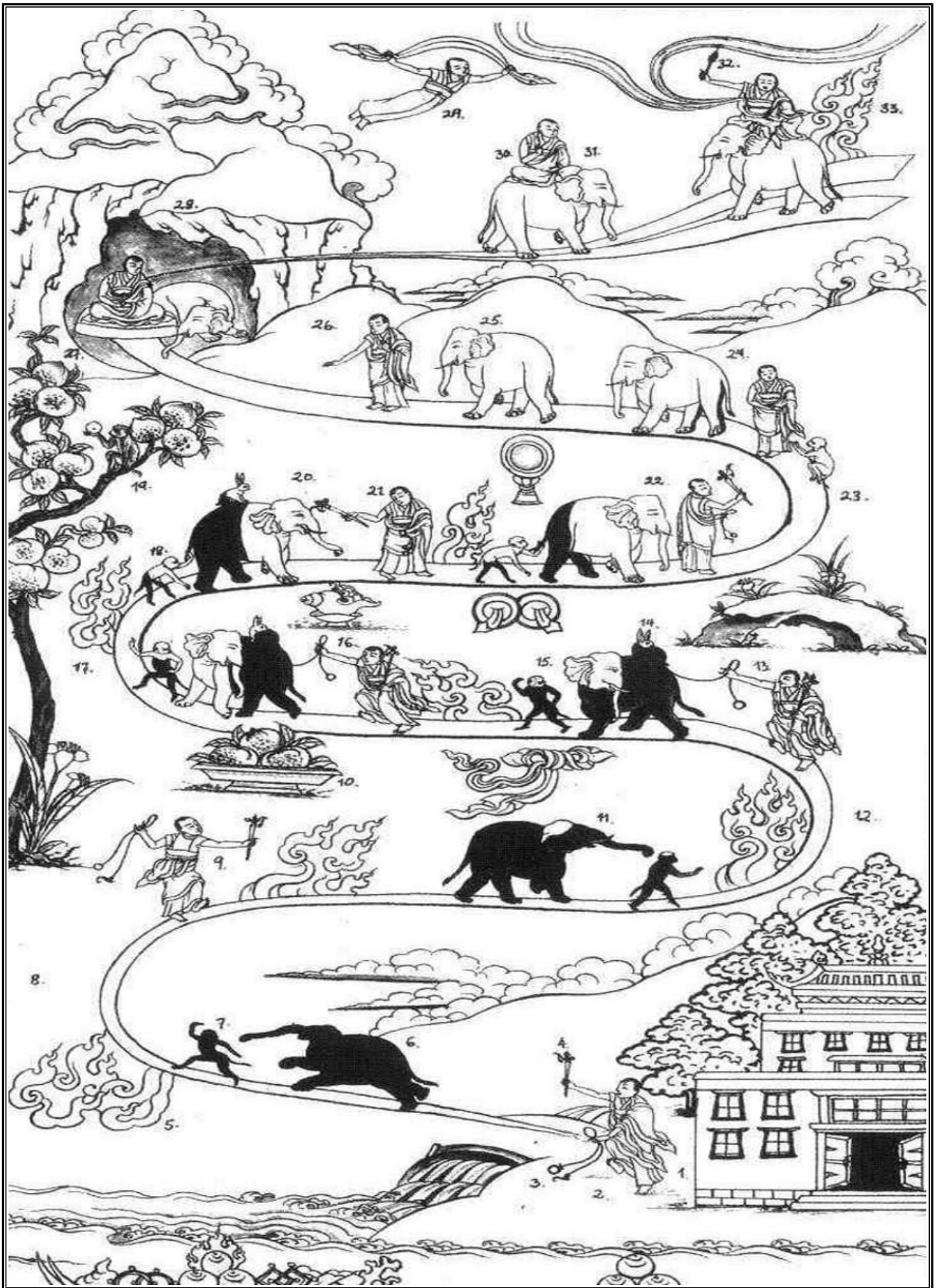


SHAMATHA



Shamatha is attained by progressing through the nine stages, relying on the eight antidotes to abandon the five faults. This is accomplished through the six powers and the four mental engagements.

| Fault | Antidote |
|--------------------------|---|
| 1. laziness | 1. faith 2. aspiration 3. effort 4. pliancy |
| 2. forgetfulness | 5. mindfulness |
| 3. laxity and excitement | 6. introspection |
| 4. non-application | 7. application |
| 5. over-application | 8. equanimity |

1. The first stage is attained through the *power of hearing*.
- 2. Stage 1 - Setting the mind**
3. Mindfulness
4. Introspection
5. From here until the seventh stage the flame progressively decreases in size until it becomes absent. This difference denotes the measure of the strength of effort required regarding mindfulness and introspection.
6. The elephant is the mind and the black colour symbolises laxity.
7. The monkey is the proliferation of thoughts and the black colour symbolises excitement.
8. The second stage is attained through the *power of thinking*.
- 9. Stage 2 - Continuous setting**
10. Excitement has the five sense pleasures as its objects.
11. From here, the black colour progressively becomes white. This symbolises the factor of clarity and the factor of stability progressively increasing.
12. The third and fourth stages are attained through the *power of mindfulness*.
- 13. Stage 3 - Resetting**
14. The rabbit is subtle laxity. From here, one can individually identify coarse and subtle laxity.
15. Looking back means that having recognized that the mind has wandered, it is again directed back to the object.
- 16. Stage 4 - Close setting**
17. The fifth and sixth stages are attained through the *power of introspection*.
18. The potential for excitement to arise prior to meditation has weakened.
19. Since virtuous thoughts are an interruption at the time of shamatha meditation, it is necessary to stop them. At other times it is not necessary.
20. Due to introspection the mind does not fall into scattering and through being uplifted, it is drawn into concentration.
- 21. Stage 5 - Disciplining**
- 22. Stage 6 - Pacifying**
23. The seventh and eighth stages are attained through the *power of effort*.
- 24. Stage 7 - Thorough pacifying**
- At this stage it is difficult for subtle laxity or excitement to arise and even if they do arise a little, they are immediately eliminated with the slightest effort.
25. The black colour of the elephant is gone and there is no monkey. This means that in dependence on initially applying a little mindfulness and introspection, the mind can engage continuously in concentration without any potential of being interrupted by laxity, excitement or thoughts.
- 26. Stage 8 - Making one-pointed**
27. The ninth stage is attained through the *power of familiarity*.
- 28. Stage 9 - Setting in equipoise**
29. Physical pliancy
30. Mental pliancy
31. Attainment of **shamatha**
32. The root of samsara is cut by the union of shamatha and vipashyana observing emptiness.
33. Equipped with mindfulness and introspection, seek the correct view of emptiness.