

## Fundamentals of Shamatha Meditation

### I) Two Stages in Buddhist Meditation

- A) Shamatha (Skt.; Tib. Shinay): peaceful abiding; two main qualities - mindfulness and awareness
- B) Vipashyana: (Skt.; Tib. Lhagtong) insight or awareness; two types – analytical and non-analytical

### II) Seven-Points of Posture of Vairochana

- A) Legs crossed
- B) Hands in the lap or on the knees
- C) Back (spine straight)
- D) Shoulders spread like a vulture's wings
- E) Head and Neck (chin slightly lowered)
- F) Mouth (tip of the tongue touching the palate)
- G) Eyes (gazing past the tip of the nose)

### III) Shamatha: The Mindfulness Quality (Skt. Smriti; Tib. Trenpa)

- A) Synonyms: recollection, bare attention
- B) Stages of cultivation
  - 1) Stability: Familiarity with the object
  - 2) Vividness/Intensity: Not forgetting the object
  - 3) Strength: Not moving; holding firm; non-distraction

### IV) Shamatha: The Awareness Quality (Skt. Samprajanya; Tib. Sheshin)

- A) Synonyms: presently knowing, introspection, investigation
- B) Stages of cultivation
  - 1) Watcher or Spy - Seeing the meditator in context of meditation
  - 2) Alarm System - Notifying the mind when attention leaves the object
  - 3) Radar System or Sheriff - Detecting present and future obstacles to meditation

### V) The Cultivation of Shamatha: Obstacles, Antidotes and Powers

- A) Obstacles that affect the preparation for meditation
  - 1) Laziness – (antidotes 1-4) faith, aspiration, effort, pliancy
    - 1. Learning the technique
    - 2. Contemplating the technique
- B) Obstacles that affect the meditation itself
  - 2) Forgetting the instructions – (antidote 5) mindfulness/Smriti
    - 3. Mindfulness
  - 3) Laxity and elation – (antidote 6) awareness/samprajanya
    - 4. Awareness
- B) Obstacles that affect the increasing of meditation
  - 4) Not applying the antidote – (antidote 7) applying the antidote
    - 5. Exertion
  - 5) Over application of the antidote – (antidote 8) resting in equanimity
    - 6. Thorough Familiarity

### V) Stages in the Progression of Shamatha – Four Foundations of Mindfulness

- B) Mindfulness of Body: breath, finding the quality of attention
- C) Mindfulness of Sensation/Liveliness: sense of presence, space
- D) Mindfulness of Energy/Attention: newness, openness, expectancy, energizing
- E) Mindfulness of Mind/Concept: watching thoughts and emotions; awareness

## NINE STAGES OF SHAMATHA

NINE STAGES	FOUR MENTAL APPLICATIONS	FIVE OBSTACLES	EIGHT ANTIDOTES	THREE LEVELS	THREE QUALITIES	SIX POWERS	EXPERIENCE
1. Placing the Attention on the Object	engaging through concentration (stages 1-2)	1. Laziness (stages 1&2)	1. Faith 2. Aspiration 3. Effort 4. Suppleness/pliancy (stages 1-3) 5. Mindfulness (stages 1-3)	Preparation (stages 1-3)	Stability (stages 1-3)	hearing (stages 1-3) contemplating (stages 1-3)	movement (waterfall) (stages 1-3)
2. Continual Placement		2. Forgetting the instructions (stages 1&2)					
3. Repeated Placement	interruptedly engaging (stages 3-7)	3. Elation/Laxity (stages 3-7)	6. Introspection awareness (sheshin) (stages 3-7)	Actual Meditation (stages 4-7)	Vividness Clarity (stages 4-5)	mindfulness (stages 4&5) awareness/introspection (stages 5&6)	attainment (brook) (stage 4)
4. Close Placement (coarse laxity)							
5. Taming (subtle laxity)							
6. Pacifying (subtle elation)	uninterruptedly engaging (stage 8)	4. Not applying the antidotes (stage 8)	7. Applying the antidotes (stage 8)	Increasing Meditation (stages 7-9)	Strength (stages 5-9)	exertion (stages 7&8)	stability (calm lake) (stages 7&8)
7. Thoroughly Pacifying (subtle elation and laxity)							
8. Making One-Pointed	effortlessly engaging (stage 9)	5. Over-application of the antidotes (stage 9)	8. Resting in equanimity (stage 9)			thorough familiarity (stage 9)	perfection (mountain) (stage 9)
9. Placement on Evenness/Equalness							