Mindfulness

Balances the Mind

4 Foundations:
1. breath & body
2. likes, dislikes, neutral feelings
3. the mind
4. dharma in experience

Arousing Factors

2. Investigation:
Noticing whatever arises (sensory experience and states of mind) with a spirit of inquiry and without judging or intellectualizing.

Watching life unfold with the fascination of a newborn. Like aliens taking notes for a report to the home planet on what life on earth is like. Interest arouses energy.

3. Effort
Energy — Committed, but not straining: balanced, appropriate.

Wise Effort:
1. Foster existing good states of mind
2. Stop existing bad states
3. Start new good states
4. Avoid new bad states

4. Pleasure
Practicing with a light heart as causes of dukkha are abandoned. Openness. As concentration grows, this accepting quality becomes joyous, with physical effects - Rapture.

Stabilizing Factors

5. Tranquility
 Comes from letting go of desires and aversions. Also from time alone, in nature, being silent & peaceful.

“Happiness comes from a heart at rest and not from changing outer circumstances.”

6. Concentration
One-pointed (suppressing distraction/absorption) or “moment to moment Samadhi” (steadiness of mind in all situations)

Grows naturally as we see results — which gives us confidence (interest) and pleasure (rapture)

7. Equanimity
As practice shows us how temporary everything is, we let go of attachment to aspects of our idea of ‘self,’ bringing the power and happiness of liberation.