

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.