

1. Training in calm abiding to perfect meditative stabilization

- a. Arranging proper circumstances for calm abiding meditation
 1. Live in a proper and conducive place
 2. Have few desires and attachments
 3. Be content
 4. Avoid distractions and extraneous activities
 5. Maintain pure ethical conduct
 6. Abandon preconceptions about sense objects

- b. Actual way to practice calm abiding
 1. Five deterrents to calm abiding
 - a. Laziness
 - b. Forgetting the object of meditation
 - c. Laxity and agitation
 - d. Not applying antidotes to the deterrents
 - e. Applying antidotes when they are not needed

 2. Eight antidotes
 - a. Confidence or faith in the benefits of calm abiding
 - b. Aspiration
 - c. Joyous effort
 - d. Pliancy, serviceability of body and mind
 - e. Mindfulness
 - f. Introspective alertness
 - g. Application of appropriate antidotes
 - h. Equanimity

 3. Nine stages in practicing calm abiding
 - a. Setting (placing) the mind
 - b. Continuous setting
 - c. Resetting
 - d. Close setting
 - e. Taming
 - f. Pacification
 - g. Thorough pacification
 - h. Single-pointedness
 - i. Setting in equipoise

 4. Six mental powers to attain these stages
 - a. Hearing
 - b. Thinking
 - c. Mindfulness
 - d. Introspective alertness
 - e. Effort
 - f. Familiarity

 5. Four engagements to employ to do this
 - a. Painstaking (forceful)
 - b. Repeated (interrupted)
 - c. Uninterrupted
 - d. Effortless (spontaneous)

 6. Way to develop actual calm abiding from this