

Seven (or Eight) Features of Sitting postures (of Vairocana Buddha)

- (1) Sitting in the cross-legged, in the Vajrāsana position
- (2) Sitting with the spine straight like an arrow
- (3) Having the hands in the meditative posture
- (4) Keeping the shoulders level
- (5) Keeping the head slightly bent forward
- (6) Keeping the eyes cast slightly downward and slightly open
- (7) Lips and teeth in a natural position with the tongue on the upper palate near the teeth
- (8) An eighth feature is sometimes added which is focusing on the breath

Five Obstacle or Faults

1. Laziness
2. Forgetting the instructions
3. Mental dullness and excitement
4. Non-application of antidote
5. Over-application of antidote

Eight Antidotes

Antidotes to laziness:

1. Belief/trust/faith
2. Aspiration
3. Effort
4. Suppleness/pliancy

Antidote to forgetting the instructions:

5. Mindfulness

Antidote to agitation and dullness

6. Awareness

Antidote to non-application

7. Application

Antidote to over-application

8. Non-application

Nine Mental Abidings/Stages

- (1) Mental Placement
- (2) Continuous placement
- (3) Patched placement
- (4) Close placement
- (5) Subduing
- (6) Pacifying
- (7) Complete pacification
- (8) Single-pointed concentration
- (9) Balanced Placement

The Four Attentions

- 1) Forceful Attention
- (2) Interrupted Attention
- (3) Uninterrupted Attention
- 4) Spontaneous Attention