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

(1) Sitting in the cross-legged, in the Vajraśana 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