

## **March 2, 2019 - Intro to Meditation Method (Calm Abiding)**

*A Guide to the Bodhisattva's Way of Life by Shantideva (Chapter 8. The Perfection of Meditation):*

Upon developing zeal in that way, one should stabilize the mind in meditative concentration (i.e. *Samatha*), since a person whose mind is distracted lives between the fangs of *mental afflictions*. (v.1)

With bodily and mental seclusion, distraction does not arise. Therefore, upon renouncing the world, one should renounce discursive thoughts. (v.2)

### **Six Prerequisites:**

- 1) Staying in an agreeable place
- 2) Having few desires
- 3) Knowing satisfaction
- 4) Not having many activities
- 5) Pure ethics
- 6) Thoroughly abandoning thoughts

### **The Seven physical postures of Buddha Vairochana**

1. **Legs and hands:** The legs should be in a cross-legged posture—if possible. The hands should be “in the position of meditative equipoise”
2. **Spine:** The spine should be “straight as an arrow,” without leaning forward or backward.
3. **Shoulders:** The shoulders be level, with “no difference in height between the two shoulders.” “we should not sit with raised shoulders, as though we had wings”
4. **Head and neck:** The neck should be bent a little. “We should bend the head slightly, as if pressing the Adam’s apple just a little”
5. **Lips and teeth:** Leave their lips and teeth as usual
6. **Tongue:** “the tip of the tongue should be placed at the ridge just behind the upper teeth”
7. **Eyes:** It is generally stated that the eyes should be aimed at the tip of the nose and neither opened wide nor tightly closed but, rather, partly closed

**The four objects of observation** (*The Sutra Unraveling the Thought, Asaṅga's Grounds of Hearers and Kamalashila's Stages of Meditation*)

1. Pervasive objects of observation
2. Objects of observation for purifying behavior
3. Objects of observation for [developing] skill
4. Objects of observation for purifying afflictive emotions

### **II. Objects of observation for purifying behavior**

1. Meditation on the Unpleasant as an antidote to attachment
2. Meditation on Love as an antidote to hatred
3. Meditation on Dependent-Arising as an antidote to ignorance/obscuration
4. Meditation on Divisions of the Constituents as an antidotes to pride
5. Meditation on Exhalation and Inhalation of the breath as an antidote to discursiveness/conceptual thoughts

**Six ways of meditating on the breath** (*Treasury of Manifest Knowledge by Vasubandhu*)

- 1) Counting
- 2) Following
- 3) Placement
- 4) Investigation
- 5) Change
- 6) Purifying