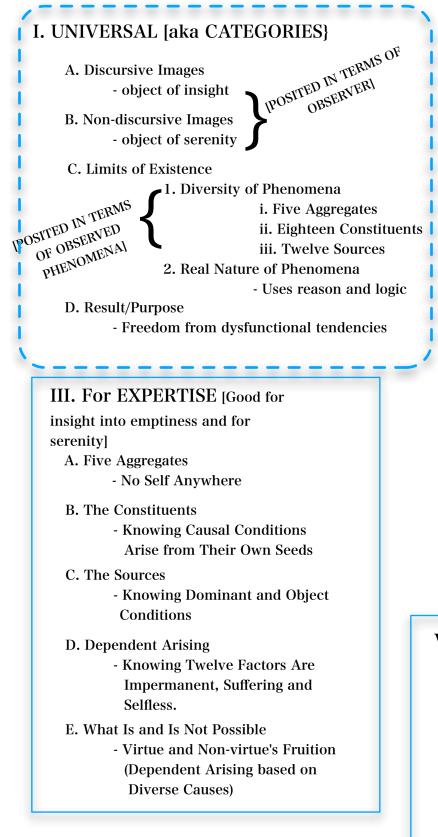
## **OBJECTS OF MEDITATION CHEATSHEET**



## II. PURIFYING BEHAVIOR [Good

for stopping attachment and afflictions in general] A. Ugliness - Thirty-six uglinesses Pertaining to the body **B.** Love - Focusing on other loved, hated and Ignored beings with attitude of love C. Dependent-arising - Effects without performer or experiencer **D.** Differentiation of Constituents - Earth, Water, Fire, Air, **Space and Consciousness E.** Inhalation and Exhalation - Breath as it moves in and out

## VI. PURIFYING AFFLICTIONS

A. Reducing Strength of Seeds

- Comparing Coarseness and Calmness Levels of Mental States from Level of Desire to Level of Nothingness.
- **B. Eradicating Seeds** 
  - Contemplating Sixteen
  - Aspects of the Four Noble Truths

## Notes:

1. Images or what you meditate are aspect/appearance/mere cognition/generality

2. Base meditation on correct view, not that discursiveness etc. exists.

3. To stabilize mind on things such as aggregates, understand how all things can be included

- within five aggregates and mentally collect them.
- 4. Whatever arises in mind is the object.