

# OBJECTS OF MEDITATION CHEATSHEET

## I. UNIVERSAL [aka CATEGORIES]

A. Discursive Images  
- object of insight

B. Non-discursive Images  
- object of serenity

} [POSITED IN TERMS OF OBSERVER]

C. Limits of Existence

} [POSITED IN TERMS OF OBSERVED PHENOMENA]

1. Diversity of Phenomena

i. Five Aggregates

ii. Eighteen Constituents

iii. Twelve Sources

2. Real Nature of Phenomena

- Uses reason and logic

D. Result/Purpose

- Freedom from dysfunctional tendencies

III. For EXPERTISE [Good for insight into emptiness and for serenity]

A. Five Aggregates  
- No Self Anywhere

B. The Constituents  
- Knowing Causal Conditions Arise from Their Own Seeds

C. The Sources  
- Knowing Dominant and Object Conditions

D. Dependent Arising  
- Knowing Twelve Factors Are Impermanent, Suffering and Selfless.

E. What Is and Is Not Possible  
- Virtue and Non-virtue's Fruition (Dependent Arising based on Diverse Causes)

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/generalities
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.

