

Chart 2: *Objects of Observation*

(Objects of observation in *italics* are considered suitable for beginners.)

THE FOUR TYPES OF OBJECT OF OBSERVATION (from the *Sūtra Unraveling the Thought*, Asaṅga's *Grounds of Hearers*, and Kamalashīla's *Stages of Meditation*)

- 1 Pervasive objects of observation
 - a. Non-analytical image
 - b. Analytical image
 - c. Observing the limits of phenomena
 - (1) the varieties (conventional phenomena)
 - (2) the mode (their emptiness)
 - d. Thorough achievement of the purpose
- 2 *Objects of observation for purifying behavior*
 - a. *The unpleasant: for persons in whom desire predominates*
 - b. *Love: for persons in whom hatred predominates*
 - c. *Dependent-arising: for persons in whom obscuration predominates*
 - d. *The divisions of the constituents: for persons in whom pride predominates*
 - e. *The exhalation and inhalation of the breath: for persons in whom discursiveness predominates*
- 3 Objects of observation for [developing] skill
 - a. The aggregates
 - b. The constituents
 - c. The twelve sources
 - d. The twelve-linked dependent-arising
 - e. The appropriate and the inappropriate
- 4 Objects of observation for purifying afflictive emotions
 - a. Those having the aspect of grossness/peacefulness
 - b. Those having the aspect of the truths

OTHER OBJECTS OF OBSERVATION

A Buddha's body

One's own mind

OBJECTS OF OBSERVATION USED IN TANTRA

A divine body (visualization of oneself as having a divine body)

Subtle drops