

**Outline of the “The Questions of Maitreya”
The Eighth Chapter of the Samdhinirmocana Sutra
On Shamatha and Vipashyana Meditation**

Summary

I) Nature

A) Abiding in what is the foundation for Shamatha-Vipashyana?

II) Range

A) What are the four objects for Shamatha-Vipashyana

III) Development

A) How does one become skilled in Shamatha-Vipashyana?

IV) Distinctions and Definitions

A) How does one separate true Shamatha-Vipashyana from preliminary Shamatha-Vipashyana

B) Are the paths of Shamatha and V different or not?

C) Is the focal image of Samadhi separate from mind?

D) If it is not different, how does the mind investigate itself?

E) Are all appearances different from the mind?

F) At what point do we focus only on Vipashyana? Shamatha? Both?

G) What are mental signs?

H) What is uninterrupted mind?

I) What is one pointed mind?

V) Types

A) How many kinds of Vipashyana are there?

B) How many kinds of shamatha are there?

VI) Suchness

A) What is dwelling or not on teachings/dharmas?

B) What is observation of integrated and unintegrated dharmas?

C) What are the three levels of integrated doctrines?

D) How does one attain Shamatha-Vipashyana that observes integrated Dharmas?

E) On what stage are the Shamatha and Vipashyana that observes integrated dharmas realized and attained?

VII) Working with Dharma and Objects

A) What are the three stages of Shamatha-Vipashyana as conceptual and analytical, or not?

B) What is cause of shamatha/stabilization/equanimity?

C) How with Shamatha-Vipashyana does one comprehend Dharma and objects?

D) How does one comprehend objects through hearing contemplating and meditating?

E) What is the insight of Shamatha-Vipashyana that comprehends Dharma and objects ?

VIII) Working with Signs

A) Through Shamatha-Vipashyana how does one remove signs?

B) Are the signs of suchness comprehension also eliminated?

C) What is mental analysis?

- D) How many signs and how are they eliminated?
- E) What signs of bondage are liberated?
- F) How does one realize emptiness without degenerating into arrogance?
- G) How many samadhis are included here?

IX) Causes, Results and Functions

- A) From what causes do Shamatha-Vipashyana arise?
- B) What are the results of these?
- C) What are the functions of Shamatha-Vipashyana?

X) Obstacles and Antidotes

- A) What are the obstacles to Shamatha, to Vipashyana, to both?
- B) Whatever obstacles to Shamatha and Vipashyana and to both?
- C) When are Shamatha and the purified?
- D) How many types of mental distraction do S and B discover?
- E) What do Shamatha and Vipashyana counteract on the bhumis?

XI) Fruition

- A) After Shamatha and Vipashyana how does one realize enlightenment?
- B) How does one achieve the BS great powers?
- C) One becomes skillful with six topics: arising, abiding, convergence, increasing, diminishing of mind, and skill in means
- D) What are the valid feelings that cease at nirvana?

XII) Conclusion

- A) What is the name of the teaching?