

ANALYTICAL MEDITATION CHEATSHEET

Version: 080612

MEDITATION

VIPASHYANA

ANALYTICAL VIPASHYANA

SHAMATHA

WITH CONCRETE SUPPORT

WITHOUT CONCRETE SUPPORT

IN THE ESSENTIAL NATURE

FOCUSING ON THE VARIETIES OF PHENOMENA

DISCRIMINATING

FULLY DISCRIMINATING

FOCUSING ON THEIR MODE OF BEING

ANALYZING: PROCEEDING TO A DETAILED SUBDIVISION OF EACH

EXAMINING: DISTINGUISHING INTO CATEGORIES

EXAMINING: ABSENCE OF SELF OF PERSONS

ANALYZING: ABSENCE OF SELF OF PHENOMENA

CLASSIFICATION OF OBJECTS [SHEET 5]

CLASSIFICATION OF SUBJECTS [SHEET 6]

METHODS OF COGNITION OF OBJECTS BY SUBJECTS [SHEET 7]

THE ELEMENTS OF LOGICAL REASONING [SHEET 4]

AGGREGATES TO COUNTERACT BELIEF IN A UNITY [SHEET 2]

AYATANAS TO COUNTERACT BELIEF IN AN EXPERIENCER (SENSE OF CONTINUITY) [SHEET 2]

DHATUS TO COUNTERACT BELIEF IN AN AGENT (SENSE OF INDEPENDENCE) [SHEET 2]

IMPERMANENCE VS SENSE OF CONTINUITY OF SELF [SHEET 8]

SUFFERING VS SENSE OF UNITY [SHEET 8]

ESSENCELESSNESS VS SENSE OF INDEPENDENCE [SHEET 8]

ORIGIN: EXAMINE CAUSALITY [SHEET 9]

FUNCTION: EXAMINE RESULTS [SHEET 9]

NATURE: EXAMINE UNITARY QUALITY [SHEET 9]

RELIANCE: EXAMINE INTERDEPENDENCE [SHEET 9]

OBJECTS OF MEDITATION CHEATSHEET

I. UNIVERSAL [aka CATEGORIES]

A. Discursive Images

- object of insight

B. Non-discursive Images

- object of serenity

C. Limits of Existence

- 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)

[POSED IN TERMS OF
OBSERVER]

[POSED IN TERMS
OF OBSERVED
PHENOMENA]

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.