SHEET 1

OVERVIEW

ANALYTICAL MEDITATION CHEATSHEET

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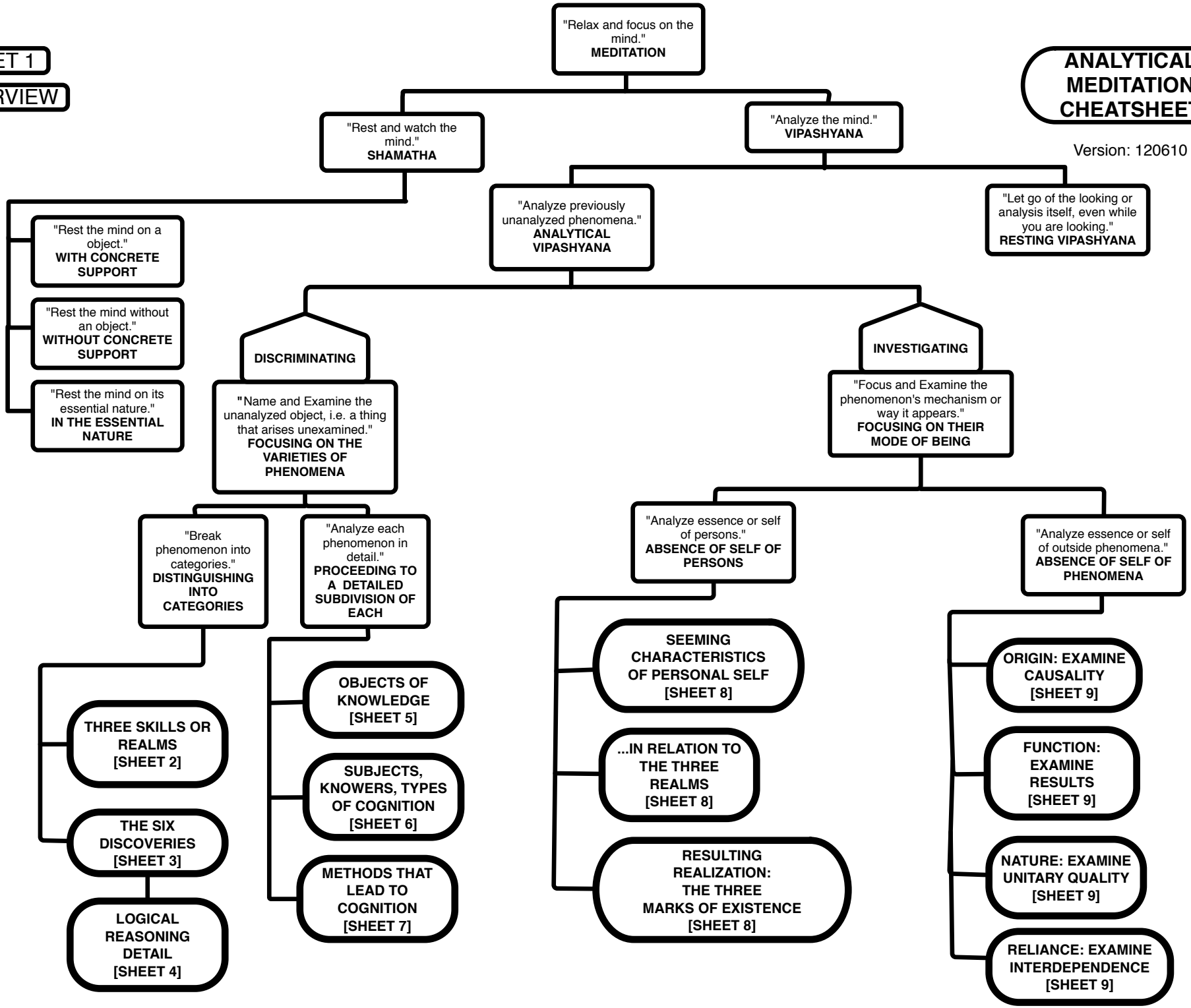
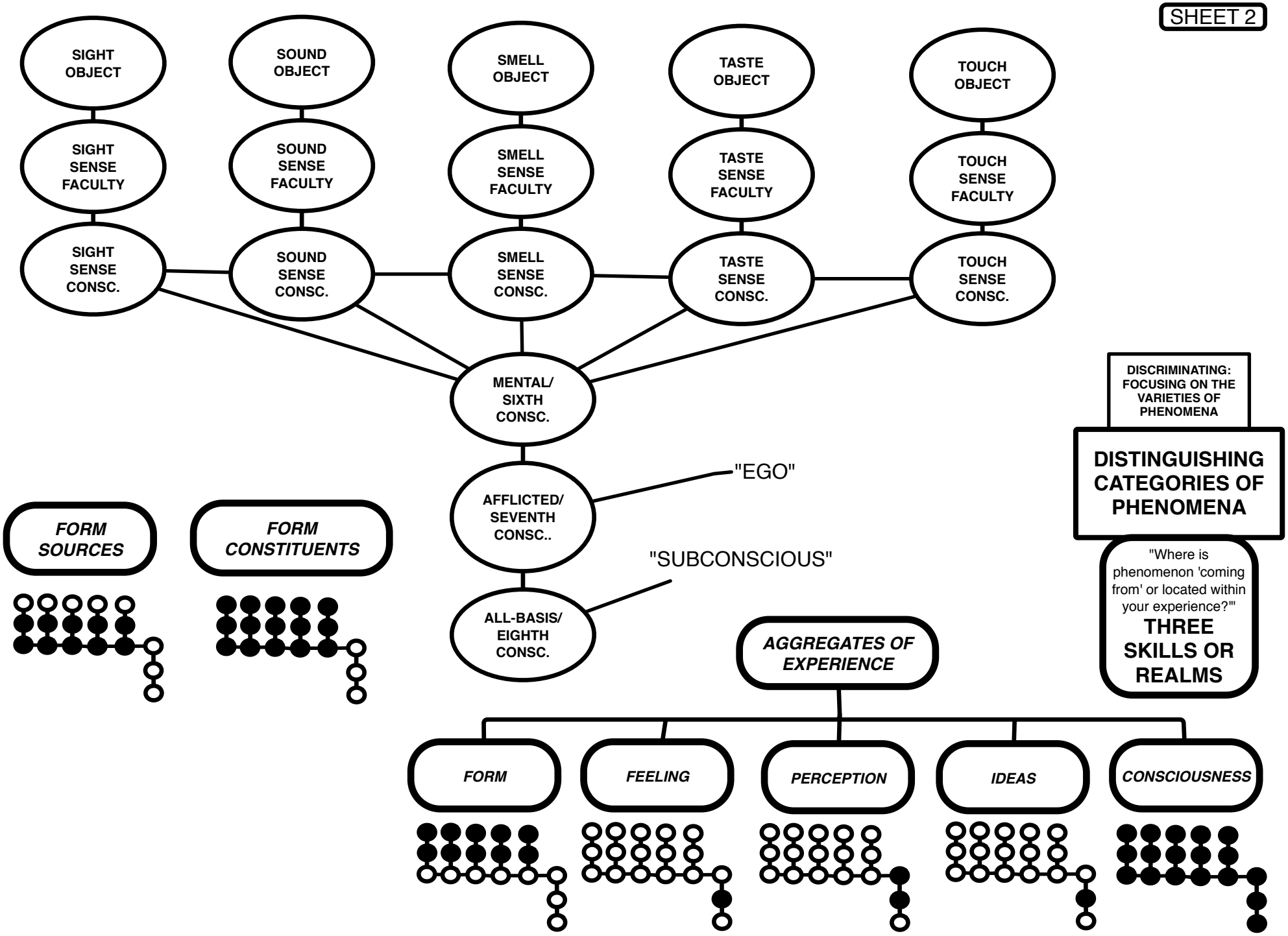


SHEET 2



DISCRIMINATING: FOCUSING ON THE VARIETIES OF PHENOMENA

DISTINGUISHING CATEGORIES OF PHENOMENA

"Where is phenomenon 'coming from' or located within your experience?"'

THREE SKILLS OR REALMS

SHEET 3

THE SIX DISCOVERIES

DISCRIMINATING: FOCUSING ON THE VARIETIES OF PHENOMENA

PROCEEDING TO A DETAILED SUBDIVISION OF EACH

"What is difference between label and that which is labelled?" MEANING

- "How does Abhidharma/ Kosha define it? What's the word defining the phenomenon?" **DEFINITIONS**
- "What are the words, sentences etc. that define the phenomenon?" **DEFINIENDUM**
- "What is the basis of definition for the phenomenon? I.e., not just the words, but the 'real' phenomenon?" **EXAMPLE**

"Examine Phenomena that perform a function" THINGS

- **SUBSTANTIALITY (AKA CONCRETENESS)**
  - "Is the object outside of you?" **EXTERNAL**
  - "Is this object inside of you?" **INTERNAL**
- **TYPES OF OBJECTS**
  - "Be aware of the way the object appears, both to the senses, and the mind (as a mental image.)" **APPEARING OBJECT**
  - "Be aware of the object used functionaly and which yields results and does not deceive." **ENGAGED**
  - "Bring your attention to the object referred to by the conceptual mind only." **REFERENT**

"Examine the phenomenon's features or qualities." CHARACTERISTICS

- "Is the phenomenon internal, concept or a thought?" **GENERALLY CHARACTERIZED**
- "Is the phenomenon directly observable or experienceable?" **SPECIFICALLY CHARACTERIZED**

"Where is the phenomenon 'headed'?" DIRECTION

- "Where in space is phenomenon taking place?" **SPATIALLY**
- "Is the phenomenon and my consciousness leading to positive or negative karma/ ethics?" **ETHICALLY**

"Examine the phenomenon in time." TIME

- "Is this phenomenon related to the past, present or future or some combination?" **EXPERIENTIALLY**
- "What happened in the process of conceptualization in four moments (p, p, f and nowness)? Where is nowness right now?" **CONCEPTUALLY**

"Need text here" FOUR METHODS OF UNDERSTANDING

- "What, if any, is this phenomenon's function?" **FUNCTION**
  - " What did this phenomenon cause or help cause to appear in your mind or outside it?" **EFFECTS**
  - "What caused, or helped cause, this phenomenon to appear in your mind or outside it?" **CAUSATION**
    - **CAUSES [detail in other texts]**
    - **CONDITIONS [detail in other texts]**
- **INTERDEPENDENCE**
  - **CONCEPTUALLY**
    - "Think how the categories or concepts below interact to create concepts" **SIZE/LOCATION**
    - **TIME/EXPERIENCE**
    - **VALUE (GOOD/BAD)**
    - **MEANING (LANGUAGE)**
    - **CAUSES & CONDITIONS**
    - **EFFECTS/RESULTS**
  - **NON-CONCEPTUALLY**
    - "Think how the phenomenon is dependent, thus empty, and how it comes about or appears even without conceptuality taking place." **DEPENDENT (EMPTY)**
    - **ARISING**
    - **(APPEARANCES)**
- "Discriminate the phenomenon's 'Three Natures.'" **NATURE**
  - "How does this phenomenon's conventionally exist (i.e. how are you experiencing its 'Nature'?" **IMAGINARY NATURE**
  - "How does this phenomenon ultimately exist?" **ULTIMATE NATURE**
  - "How is this phenomenon appearing in the present? That is its dependent nature. Fish need water, thoughts need a mind etc." **DEPENDENT NATURE**
- "Examine phenomenon logically." **LOGICAL REASONING**
  - "Think about the phenomenon's important configuration within relationships **RELATIONSHIP**
    - **INCLUSIVE**
    - **EXCLUSIVE**
    - **IDENTICAL**
    - **OVERLAPPING**
  - "Examine syllogisms or concepts associated with the phenomenon." **SYLLOGISM**
    - **SUBJECT**
    - **PREDICATE**
    - **REASON**
    - **EXAMPLE**
  - "Examine the concepts or syllogisms generated by phenomenon." **SIGNS**
    - **EFFECT**
    - **NATURE**
    - **NON-APPEARANCE**

"EVIDENCE" OF SYLLOGISM, WHICH PRODUCES ENTAILMENT OR [CONVENTIONAL] "TRUTH"

GO TO SHEET 4

SHEET 4

LOGICAL REASONING [DETAIL]

INCLUSIVE

EXCLUSIVE

IDENTICAL

OVERLAPPING

INCLUSIVE, Subset, "One set of phenomena includes the other set."
Possibilities:
1. Both A and B.
2. A but not B.
3. Neither B nor A.

IDENTICAL / synonymous / equivalent.
Possibilities:
1. A and B.
2. Neither A nor B.

OPPOSITE / Contradictory / mutual exclusion.
Possibilities:
1. A not B.
2. B not A.
3. Neither A nor B.

OVERLAP, "Two overlapping sets of phenomena"
Possibilities:
1. Both A and B.
2. A but not B.
3. B but not A.
4. Neither A nor B.

SUBJECT

PREDICATE

REASON

EXAMPLE

"Think how all phenomena operate and are 'created' within a syllogism such as: [Subject] is [Predicate] because of it is [Reason.]

CONCEPTUALITY

THREE MODES OR REQUIREMENTS OF VALID INFERENCE

EFFECT

NATURE

NON-APPEARANCE

1. SUBJECT QUALITY:
"All A has, or is, X"
"The REASON (X) applies to the SUBJECT (A)."
"There is smoke on that mountain."
"Sound is produced."

2. FORWARD PERVASION or inclusion:
"X is only or is had only by B."
"All instances of the reason (x) apply only to instances of the predicate (b.)"
"There is smoke only where there is fire."
"What is produced is impermanent".)

3. REVERSE PERVASION or inclusion:
"Absence of B has or is absence of X."
"All instances of the lack of the predicate apply to lack of the reason."
"Where there is no fire, there is no smoke."
"What is permanent is not produced."

SHEET 5

DISCRIMINATING: FOCUSING ON THE VARIETIES OF PHENOMENA

PROCEEDING TO A DETAILED SUBDIVISION OF EACH

"First, label the phenomenon. Something arises, what is it?"
OBJECTS OF KNOWLEDGE

"Is it external, a physical thing around you, your body, sense objects, sense faculties, emotions experienced, i.e. a directly observable or experienceable phenomenon?"
THING

"Is it internal, concept or a thought?"
NON-THING

"Phenomena: what it is."'
ENTITY

"Phenomena: what it does."
FUNCTION

"What are some of the phenomenon's causes and effects?"
CAUSES

"What are phenomenon' conditions?"
CONDITIONS

AGGREGATE #1: FORM

"Is it an object around you?"
MATTER

"Is it like one of the four elements (solidity, heat, space, fluidity), i.e. experienced, but less specific, than a single object?"
CAUSAL FORM

"Is it an object of the six senses?"
RESULTANT FORM

OBJECTS OF THE FIVE SENSES
Compunded Materiality.

"Is it an object only in the mind?"
MIND

"Is it a highlight of mind's contents, i.e. apprehending essential nature not characteristics of phenoemon?"
PRIMARY MIND

"What mental factor are you experiencing right now, which apprehend characteristics or aspects of phenomenon?"
SECONDARY MIND

"Is it auditory, visual etc. up to the immediate consciousness i.e. happening in the mind in this moment?"
FIRST TO SIXTH MIND: SIGHT, HEARING, SMELL, TOUCH, TASTE, IMMEDIATE MIND

"Is it a strong experience of ego that is ongoing?"
SEVENTH MIND: AFFLICTIVE, EGO OR DISCURSIVE MIND

"Is it not directly experienced but ongoing?"
EIGHTH MIND: SUBCONSCIOUS, ALAYA OR ALL-BASIS MIND

AGGREGATE #2: FEELING

AGGREGATE #3: PERCEPTION

AGGREGATE #4: MENTAL FORMATIONS

AGGREGATE #5: CONSCIOUSNESS

KARMIC FORMATIONS/ KARMA

THE FIFTY ONE MENTAL FACTORS (BY TYPE):

OMNIPRESENT
1. Feeling
2. Discrimination
3. Impulse
4. Contact
5. Mental Engagement

OBJECT DETERMINING
6. Striving
7. Conviction
8. Recollection
9. Meditative Concentration
10. Supreme Knoweldge

VIRTUOUS
11. Confidence
12. Conscience
13. Shame
14. Nonattachment
15. Nonhatred
16. Nonbewilderment
17. Joyous Effort
18. Suppleness
19. Heedfulness
20. Equanimity
21. Nonviolence

SIX ROOT AFFLICTIONS
22. Desire
23. Anger
24. Pride
25. Ignorance
26. Doubt
27. Afflicted View

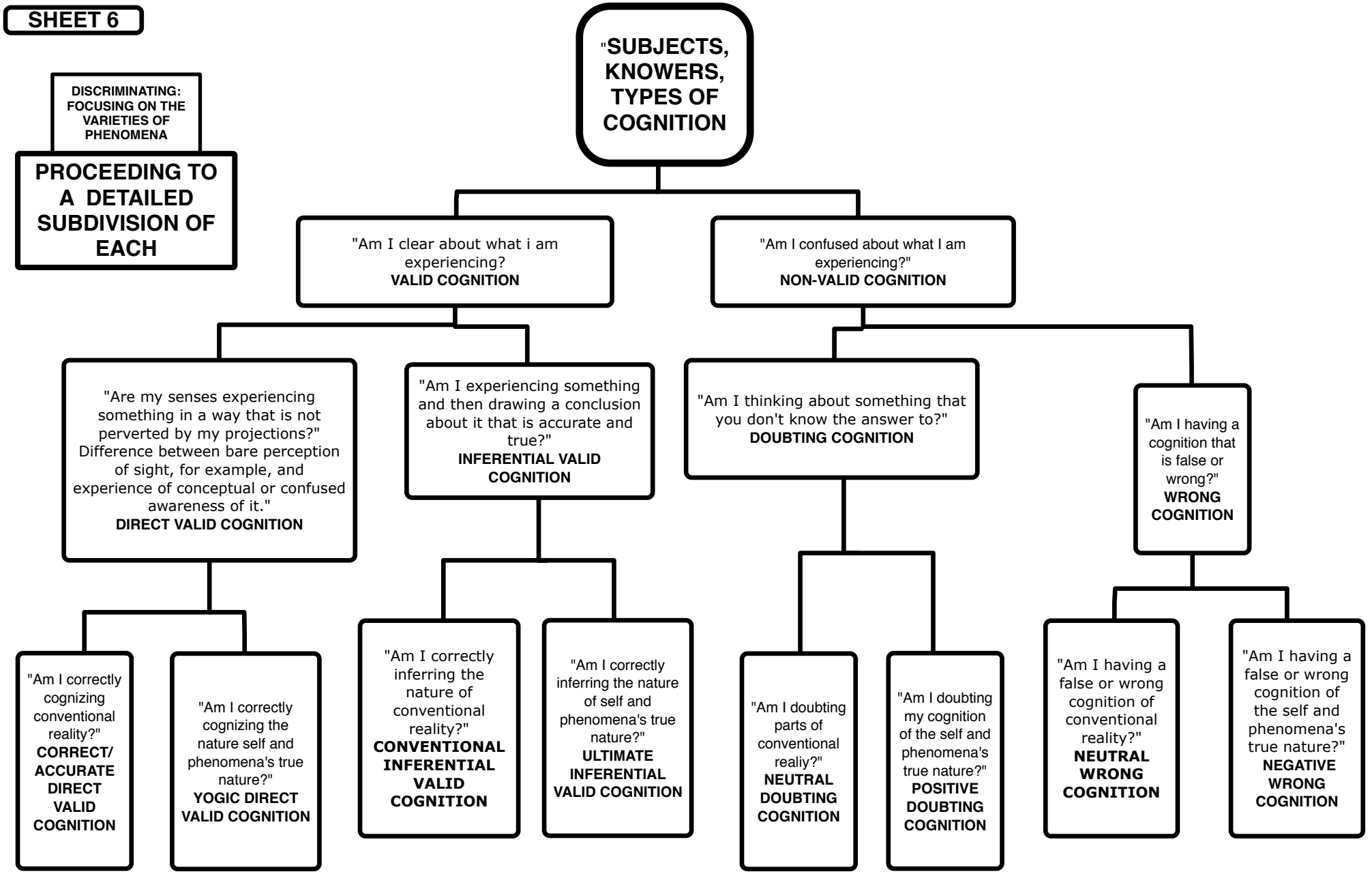
SECONDARY AFFLICTIONS
28. Wrath
29. Holding a Grudge
30. Concealment
31. Spite
32. Envy
33. Miserliness
34. Deceit
35. Dishonesty
36. Self-satisfaction
37. Violence
38. Lack of conscience
39. No shame
40. Dullness
41. Agitation
42. Nonconfidence
43. Laziness
44. Heedlessness
45. Forgetfulness
46. Distraction
47. Nonintrospection

CHANGEABLE
48. Regret
49. Sleep
50. Examination
51. Analysis

SHEET 6

DISCRIMINATING: FOCUSING ON THE VARIETIES OF PHENOMENA

PROCEEDING TO A DETAILED SUBDIVISION OF EACH



SHEET 7

METHODS THAT LEAD TO COGNITION

"What are incompatible phenomena to this phenomenon?"
CONTRADICTORY PHENOMENA

Example: Light and darkness (direct) or intense smoke and sensation of cold (indirect.)

"What generalites appear that are phenomenon's opposite or something that includes its opposite?"
NEGATION

Example: the reverse of non-cow, the idea of a cow.

Implicative: phenomena implied after negation.

Non-implicative: no remaining phenomena implied.

"What is directly cognized here, i.e. where a negation is not being 'used', or excluded, by the mind?"
CONCRETE PHENOMENA

Example: a vase or pillar.

APPEARANCE AND ELIMINATION
How does phenomenon appear, by inclusion in environment (appearing) or by excluding the environment (conceiving of it)

"Does phenomenon have many instances of itself?"
GENERALITY

Varities:

- "What, if any, other types of this phenomenon exist?" **TYPE**
- "What, if any, superimposed aspects are part of this phenomenon?" **OBJECT**
- "What, if any, collections are comprised of this phenomenon?" **COLLECTION**
- "What, if any, other terms of expression exist for this phenomenon?" **TERM**

"Is phenomenon included in something that includes it (i.e. the "this environment"), identical with, and yet not the only one of this phenomenon?"
PARTICULAR

Example: the white dog (among the other dogs.)

"What other, if any, phenomena don't appear as different (i.e., they are "one") for your conception as this phenomenon?"
PHENOMENA THAT ARE ONE

One in Type: dogs

One in Isolate: two dogs named "Snowy The Dog"

One in Substance: flesh, fur and bones.

One in Entity: dog ("they both bark, have fur, are terriers, etc."),

"What other, if any, phenomena are distinct from this phenomena?"
PHENOMENA THAT ARE DIFFERENT

Different in Isolate: "Snowy" and "Fred"

Different in Entity: the idea of "cat" and a cat

Different in Substance: form and consciousness.

"What is the phenomenon's 'essential nature', i.e. the cause for your assigning it the correct definition?"
DEFINITION

Example: Dog or Snowy.

MEANING
Meaning is complete when phenomenon is defined. Definition and object-isolate (word describing phenomenon) are equivalent.

"What is the particular name for the definition of the phenomenon?"
DEFINIENDUM

Three Properties of conventional term are set when Definiendum is assigned. Definiendum and self-isolate are equivalent.

Example: "..a domesticated carnivorous mammal that typically has a long snout..."

"What is the basis apprehended by the mind for establishing the connection between definition and definiendum?"
BASIS FOR DEFINITION

Basis for definition and basis-isolate are equivalent

THE basis connects the definition and the definiendum

Example: "Snowy" that dog sleeping over there.

SHEET 8

ANALYSIS OF THE SELF OR PERSON

INVESTIGATING: FOCUSING ON THEIR MODE OF BEING

ABSENCE OF SELF OF PERSONS

SEEMING CHARACTERISTICS OF PERSONAL SELF

"How does your self or ego seem to exist as singular? How does it really exist?" ***SINGLE OR UNITARY***

"How does your self seem to exist as continuous? How does it really exist?" ***CONTINUOUS OR PERMANENT***

"How does your self seem to exist as independent? How does it really exist?" ***AUTONOMOUS OR INDEPENDENT***

PERSONAL SELF IN RELATION TO THE THREE REALMS

"Where is the Self within the Five Heaps?"
5 HEAPS
Form, Feeling, Perception, Formations, Consciousness

"Where is the Self within the Twelve Ayatanas?"
12 FORM SOURCES:
6 Objects, 6 Faculties

"Where is the Self within the Eighteen Dhatus?"
18 FORM CONSTITUENTS:
6 Objects, 6 Faculties, 6 Consciousnesses

RESULTING REALIZATION: THE THREE MARKS OF EXISTENCE

"The experiences and phenomena of Self are not satisfying." **DISSATISFYING**

"The experiences etc. of Self are not permanent." **IMPERMANENT**

"The experiences etc. of Self are empty, don't really exist." **SELFLESS**

1. The phenomenon (or its self or essence) is not considered to be other than its parts (i.e. it is composed of its parts and without its parts it would not be itself.) **SELF IS NOT OTHER THAN ITS PARTS**

2. Yet the self is not identical with its parts. Example: My self not my head, arms, torso, consciousness etc. **SELF IS NOT IDENTICAL WITH PARTS**

3. And the self does not possess its parts. Example: My self or essence does not possess a head, arms, brain etc. **SELF DOES NOT POSSESS ITS PARTS**

4. The self is not within its parts. Example: My self does not exist somewhere within my head, arms, legs, mind etc. **SELF IS NOT WITHIN ITS PARTS**

5. The parts of the phenomenon are not within the self or essence of the phenomenon. Example: My legs, brain, head etc. are not in my self. **PARTS OF SELF ARE NOT WITHIN SELF**

6. The self is not the mere assembly of its parts. Example: An assembly of head, torso, legs etc. does not make my self. **SELF IS NOT MERE ASSEMBLY OF ITS PARTS**.

7. The self is not the overall shape of its parts. Example: The shape of a human (head, arms, consciousness.) does not make a self. **SELF IS NOT OVERALL SHAPE OF ITS PARTS**

SHEET 9

INVESTIGATING: FOCUSING ON THEIR MODE OF BEING

"Analyze the reality of Phenomena"
ABSENCE OF SELF OF PHENOMENA

CAUSALITY

"What caused, or helped cause, the self or essence of the phenomenon to appear in your mind or outside it?"
CAUSATION

"Did phenomenon arise from itself?"
From Itself

"Did phenomenon arise from another phenomenon?"
From Other

"Did phenomenon arise from itself and another phenomenon?"
From Both

"Did phenomenon arise from neither itself nor another phenomenon?"
From Neither

FUNCTION:
EXAMINE RESULTS

"What is the phenomenon's essence's functions, if any?"
FUNCTION

"What did the phenomenon cause or help cause to appear in your mind or outside it?"
EFFECTS

"Was a new phenomenon created?"
Newly Arising [From Nothing]

"Has an already existing phenomenon arisen again?"
Already Arising (From Iself]

NATURE:
EXAMINE UNITARY QUALITY

SINGLENESS

"How does self of the phenomenon seem to exist as one thing or singular? How does it really exist?"
Oneness

"How does self of phenomenon seem to exist as a collection?"
Manyness

INTERDEPENDENCE

TWELVE NIDANAS

Ignorance
Formations
Consciousness
Name and Form
Five Senses
Contact
Feeling
Desire
Attachment
Becoming
Birth
Death

"Visualize or imagine the Infinite Multiplicity of factors mutually supporting each other every moment, each without any inherently established reality."