

# Awareness and Friends: An Introduction



with Rich Howard  
Sacramento Insight Meditation  
Thursday August 13, 2020



satipatṭhāna

THE DIRECT PATH TO REALIZATION

Anālayo

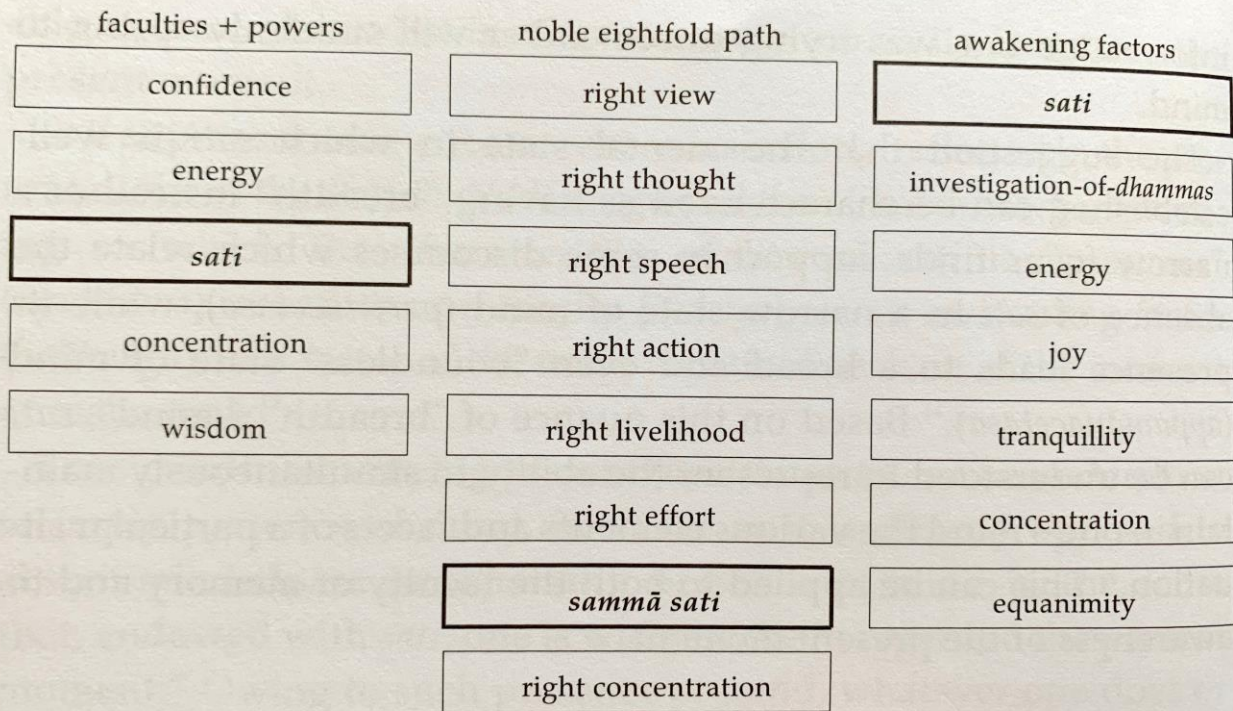


Fig. 3.1 The position of *sati* among important categories



# MINDFULNESS

A Practical Guide  
to Awakening



Joseph Goldstein



# A Field Guide to the Mind:

Practical *Abhidhamma*  
for Meditators



A Spirit Rock Online Course

By Steve Armstrong



# MENTAL STATES

1	CONTACT	UNIVERSALS	COMMON TO EACH OTHER
2	FEELING		
3	PERCEPTION		
4	VOLITION		
5	ONE-POINTEDNESS		
6	PSYCHIC LIFE		
7	ATTENTION		
8	INITIAL APP./CONNECTING	PARTICULARS	
9	SUSTAINED APPLICATION		
10	DECISION/RESOLUTION		
11	ENERGY		
12	JOY		
13	CONATION/WISH-TO-DO		
14	DELUSION	UNWHOLESOME	
15	MORAL SHAMELESSNESS		
16	REMORSELESSNESS		
17	RESTLESSNESS		
18	GREED/ATTACHMENT		
19	WRONG BELIEF		
20	CONCEIT		
21	AVERSION		
22	ENVY		
23	AVARICE		
24	WORRY		
25	SLOTH		
26	TORPOR		
27	DOUBT		
28	CONFIDENCE	BEAUTIFUL	BEAUTIFUL
29	MINDFULNESS		
30	MODESTY		
31	CONSCIENCE		
32	NON-ATTACHMENT		
33	LOVINGKINDNESS		
34	EQUANIMITY		
35	TRANQUILITY OF MEN.STAT.		
36	TRANQUILITY OF MIND		
37	LIGHTNESS OF MEN.STATES		
38	LIGHTNESS OF MIND		
39	PLIANCY OF MEN. STATES		
40	PLIANCY OF MIND		
41	ADAPTABILITY OF MEN.STAT		
42	ADAPTABILITY OF MIND		
43	PROFICIENCY OF MEN.STAT.		
44	PROFICIENCY OF MIND		
45	RECTITUDE OF MEN.STATES		
46	RECTITUDE OF MIND		
47	RIGHT SPEECH	ABSTINENCES	
48	RIGHT ACTION		
49	RIGHT LIVELIHOOD		
50	COMPASSION	ILLIMITABLES	
51	SYMPATHETIC JOY		
52	WISDOM		



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*Vipassana* meditators should pay particular note to the following mental factors:

- |     |                 |  |
|-----|-----------------|--|
| #4  | volition        | this is cultivated to become unwavering intention [ <i>kamma</i> ]     |
| #7  | attention       | the ability to confront, which is highly developed by mindfulness      |
| #8  | connecting      | the aiming of the mind so as to reach the intended object              |
| #9  | sustaining      | when aroused strongly, accounts for the momentum of mindfulness        |
| #11 | energy          | one of the more decisive elements of mundane and meditative activities |
| #12 | joy             | the delight of the mind; ranges from interest to zest to ecstasy       |
| #29 | mindfulness     | not forgetting to observe the present moment                           |
| #50 | compassion      | the ability to connect with another being's suffering                  |
| #51 | sympathetic joy | the ability to connect with another being's happiness                  |
| #52 | wisdom          | from conventional understanding thru insightful understandings         |



# Jhanic Factors:

- Initial Application of mind – overcomes sloth and torpor
- Sustained Application of mind – overcomes doubt
- Joy – overcomes aversion
- Sukha – overcomes restlessness
- One-pointedness – overcomes attachment