

## Shamatha stages and relevant mental factors

| Stage   | Originates           | Develops                               | Wholesome factors to activate                                       | Unwholesome factors to counteract   |
|---|----------------------|--|---|---|
| 1 Placement   | Listening Prajna     | Contemplating Prajna                   | Wholesome Examination, Prajna                                       | Unwholesome Examination, Inattentiveness (to instructions)                                    |
| 2 Continuing Placement  | Contemplating Prajna | Recollection                           | Wholesome Investigation, Prajna, Recollection                       | Unwholesome Investigation, Ignorance, Forgetfulness   |
| 3 Sustaining Placement  | Recollection         | Strong Recollection                    | Wholesome Investigation, Prajna, Recollection                       | Unwholesome Investigation, Ignorance, Forgetfulness   |
| 4 Refining Placement  | Strong Recollection  | Vigilance                              | Wholesome Investigation, Prajna, Recollection, Vigilance            | Unwholesome Investigation, Ignorance, Forgetfulness, Non-vigilance                            |
| 5 Taming  | Vigilance            | Strong Vigilance                       | Wholesome Investigation, Prajna, Recollection, Vigilance            | Unwholesome Investigation, Ignorance, Forgetfulness, Non-vigilance                            |
| 6 Pacifying   | Strong Vigilance     | Diligence                              | Wholesome Investigation, Prajna, Recollection, Vigilance, Diligence | Unwholesome Investigation, Ignorance, Forgetfulness, Non-vigilance, Laziness                  |
| 7 Thoroughly Pacifying  | Diligence            | Strong Diligence                       | Wholesome Investigation, Prajna, Recollection, Vigilance, Diligence | Unwholesome Investigation, Ignorance, Forgetfulness, Non-vigilance, Laziness                  |
| 8 Making One-Pointed  | Strong Diligence     | Meditating Prajna                      | Wholesome Investigation, Prajna, Recollection, Vigilance, Diligence | Unwholesome Investigation, Ignorance, Forgetfulness, Non-vigilance, Laziness                  |
| 9 Equipoise   | Meditating Prajna    | Equipoise<br>- threshold concentration | Prajna, Cultivation   |   |
| <b>Recommended reading</b>  |                      |  | <b>Other relevant wholesome factors</b>                             | <b>Other relevant unwholesome factors</b>   |
| B. Alan Wallace, <i>The Attention Revolution</i>                          |                      |  | Interest  | Attachment (desire, comfort-seeking, etc.)  |
| Ben Connelly, <i>Inside Vasubandhu's Yogacara: A Practitioner's Guide</i> |                      |  | Dedication  | Aversion (hostility, harshness, etc.)   |
| - both texts use different terminology than presented here                |                      |  | Recollection  | Arrogance (hubris, pride, conceit, etc.)  |
|   |                      |  | Meditative stability  | Skepticism (indecision, vagueness, irresoluteness, etc.)                                      |
|   |                      |  | Prajna (from listening, from contemplating, from meditating)        | Wrong view (close-mindedness, opinionated view, etc.)   |
|   |                      |  | <b>Variable factors to engage skillfully</b>                        | Lethargy (dullness, laxity, stupor, etc.)   |
|   |                      |  | Sleep   | Agitation (excitation, ebullience, hyperactivity, etc.)                                       |
|   |                      |  | Regret  | Distrust  |
|   |                      |  | Examination   | Laziness  |
|   |                      |  | Investigation   | Nonresponsiveness (a specific type of heedlessness)   |
|   |                      |  | <b>REMEDY</b>   | Over-responsiveness (a specific type of heedlessness)   |
|   |                      |  | Yearning - interested longing                                       | <b>HINDRANCE</b>  |
|   |                      |  | Diligence - delighting in virtue                                    | Laziness [1. mistaken prioritizing; 2. weak-willed begging off; 3. indolence/procrastination] |
|   |                      |  | Faith - experience-based confidence                                 |   |
|   |                      |  | Suppleness - fully manifests at ninth stage                         |   |
|   |                      |  | Recollection  | Forgetfulness   |
|   |                      |  | Vigilance   | Distraction: Agitation and dullness   |
|   |                      |  | Active effort/Heedfulness   | Nonapplication  |
|   |                      |  | Equanimity (ninth stage)  | Overapplication (primarily associated with eighth stage)                                      |