

## Anapanasati Session 5 handouts – moving into the 3<sup>rd</sup> Tetrad

### What Do We Liberate the Citta From?

#### Three Unwholesome roots *kilesa* or *akusala-mūla*

Greed (Lobha), Hatred (Dosa), Delusion (Moha or Avidya)

#### Hindrances *nīvaraṇāna*

1. Sensory desire ([kāmacchanda](#)): seeking for pleasure through the senses
2. Ill-will ([vyāpāda](#); also spelled [byāpāda](#)): feelings of hostility, resentment, hatred and bitterness.
3. Sloth-and-torpor ([thīna-middha](#)): dullness and low energy
4. Restlessness-and-worry ([uddhacca-kukkucca](#))
5. Doubt ([vicikiccha](#)): lack of conviction or trust in one's abilities and in the method.

#### Fetters *samyojana*

1. belief in a self (Pali: *sakkāya-diṭṭhi*) personality view
2. doubt or uncertainty
3. attachment to rites and rituals (*sīlabbata-parāmāsa*) - magical thinking
4. sensual desire (*kāmacchando*)
5. ill will (*vyāpādo* or *byāpādo*)
6. lust for material existence, lust for material rebirth (*rūparāgo*) – or existence
7. lust for immaterial existence, lust for rebirth in a formless realm (*arūparāgo*) – or non-existence
8. conceit ([māna](#))<sup>[11][12]</sup>
9. restlessness ([uddhacca](#))<sup>[13]</sup>
10. ignorance ([avijjā](#))<sup>[14]</sup>

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|------------|--|
| Hindrances | Doubt or uncertainty<br>Sensual desire ( <i>kāmacchando</i> )<br>Ill-will ( <i>vyāpādo</i> or <i>byāpādo</i> )<br>Restlessness ( <a href="#">uddhacca</a> ) <sup>[13]</sup>  |
| Desire     | Lust for material existence, lust for material rebirth ( <i>rūparāgo</i> ) – or existence<br>Lust for immaterial existence, lust for rebirth in a formless realm ( <i>arūparāgo</i> ) – or non-existence   |
| Ignorance  | Belief in a self (Pali: <i>sakkāya-diṭṭhi</i> ) personality view<br>Attachment to rites and rituals ( <i>sīlabbata-parāmāsa</i> ) - magical thinking<br>Conceit ( <a href="#">māna</a> ) <sup>[11][12]</sup><br>Ignorance ( <a href="#">avijjā</a> ) <sup>[14]</sup> |

## **Gladdening and Steadying the Mind**

### **Gladdening**

*Can be naturally occurring*

*Reflecting on the good of one's actions*

*Qualities of the Buddha*

*Any wholesome mind state such as gratitude, generosity,*

### **Stabilizing and Steadying**

*In the eight-fold path 'right samādhi' is associated with the jhāna factors*

*Samatha = calming or to even out - "calm abiding"*

*Samādhi = collecting, bringing together, making steady, concentrating*

Latter descriptions of concentrations: We use all except for #3

1. Preliminary concentration (*parikammasamādhi*): Beginning to connect with the object

First Two Tetrads



2. Access concentration (*upacārasamādhi*): Arises as the [five hindrances](#) are subdued

3. Absorption concentration (*appanasamādhi*): The total immersion of the mind on its meditation of object

4.

Second two Tetrads



5. Momentary concentration (*khanikasamādhi*): or moment to moment