

APPENDIX: SYNOPSIS OF THE NINE STAGES ● ● ●

	Step	What is achieved	The power by which that is achieved	What problems persist
1	Directed Attention	One is able to direct the attention to the chosen object	Learning the instructions	There is no attentional continuity on the object
2	Continuous Attention	Attentional continuity on the chosen object up to a minute	Thinking about the practice	Most of the time the attention is not on the object
3	Resurgent Attention	Swift recovery of distracted attention; mostly on the object	Mindfulness	One still forgets the object entirely for brief periods.
4	Close Attention	One no longer completely forgets the chosen object	Mindfulness, which is now strong	Some degree of complacency concerning samadhi
5	Tamed Attention	One takes satisfaction in samadhi	Introspection	Some resistance to samadhi
6	Pacified Attention	No resistance to training the attention	Introspection	Desire, depression, lethargy, and drowsiness
7	Fully Pacified Attention	Pacification of attachment, melancholy, and lethargy	Enthusiasm	Subtle imbalances of the attention, swiftly rectified
8	Single-pointed Attention	Samadhi is long, sustained without any excitation or laxity	Enthusiasm	It still takes effort to ward off excitation and laxity
9	Attentional balance	Flawless samadhi is long, sustained effortlessly	Familiarity	Attentional imbalances may recur in the future

Coarse excitation: The attention completely disengages from the meditative object.

Medium excitation: Involuntary thoughts occupy the center of attention, while the meditative object is displaced to the periphery.

Subtle excitation: The meditative object remains at the center of attention, but involuntary thoughts emerge at the periphery of attention.

Attentional imbalances	The type of mental engagement	The quality of the experience	Involuntary thoughts
Coarse excitation	Focused	Movement	The flow of involuntary thought is like a cascading waterfall.
Coarse excitation	Focused	Movement	The flow of involuntary thought is like a cascading waterfall.
Coarse excitation	Interrupted	Movement	The flow of involuntary thought is like a cascading waterfall.
Coarse laxity and medium excitation	Interrupted	Achievement	Involuntary thoughts are like a river quickly flowing through a gorge.
Medium laxity and medium excitation	Interrupted	Achievement	Involuntary thoughts are like a river quickly flowing through a gorge.
Medium laxity and subtle excitation	Interrupted	Achievement	Involuntary thoughts are like a river slowly flowing through a valley.
Subtle laxity and excitation	Interrupted	Familiarity	Involuntary thoughts are like a river slowly flowing through a valley.
Latent impulses for subtle excitation and laxity	Uninterrupted	Stillness	The conceptually discursive mind is calm like an ocean with no waves.
The causes of those imbalances are still latent	Effortless	Perfection	The conceptually discursive mind is still like Mount Meru, king of mountains.

Coarse laxity: The attention mostly disengages from the object due to insufficient vividness.
Medium laxity: The object appears, but not with much vividness.
Subtle laxity: The object appears vividly, but the attention is slightly slack.