

# G. The Seven Factors For Awakening

## I. The 7 factors of Awakening ( page xi )

- A. are:
  - i. mindfulness
  - ii. analysis of qualities
  - iii. persistence
  - iv. rapture
  - v. serenity
  - vi. concentration
  - vii. equanimity

## II. are developed by practicing the 4 Frames Of Reference [\$92](p 154)

## III. are first strengthened ( "fed" ) by weakening the 5 hindrances ( page 165 ) [\$96]

- A. desire for objects of the senses
- B. ill will
- C. sloth and drowsiness
- D. restlessness and anxiety
- E. uncertainty

## IV. development of the 7 factors helps neutralize the 5 hindrances ( p 158 )

- A. the more "active" factors are good for combating the more "passive" of the hindrances & vice-versa
  - i. example:
    - a) Persistence, analysis of qualities, rapture are good for combating sloth.
    - b) Equanimity, concentration are good for restlessness and anxiety

## V. The Factor Of "Analysis Of Qualities" [\$90]

- A. "qualities" means the mental states, qualities in the mind
  - i. ie sadness, sloth, rapture , etc
- B. is giving "appropriate attention" to the effects of skillful and unskillful mental states
- C. is observing mental qualities
  - i. noticing if they are unskillful or not
  - ii. noticing their causes
  - iii. noticing what makes them go away
- D. is a "bedrock" skill for
  - i. for the path and "appropriate attention"
  - ii. being able to observe for yourself what generates or dissipates good and bad mental states

## VI. "Appropriate Attention" ( yoniso manaskara )

- A. helps develop the 4 Frames Of Reference [\$70](p 155)
- B. is a basic insight into where to focus one's mental energies
  - i. what to focus attention on
  - ii. what to ignore or avoid
- C. is developed in 2 steps:
  - i. "Entering Into Emptiness [IIB]"
    - a) starts with being aware when one of the 7 factors are present or absent in the

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- mind
- ii. Gaining Insight into the 7 Factors & 5 Hindrances
  - a) observing on your own what produces them or makes them go away
- D. at its mature level of development: ( p157 )
  - i. views all experience & questions in terms of
    - a) how they relate to the 4 Noble Truths
    - b) how they cause, alleviate or relate to dukkha
- E. involves:
  - i. paying attention to, focusing on questions
    - a) that lead you back to practicing direct observation
      - of the 4 Noble Truths manifesting in your life
  - ii. putting aside questions
    - a) that lead away from practicing direct observation
      - that lead to generating "mental effluents"
        - "asavas"
        - "effluents", "mental fermentation".
        - 4 qualities in the mind that "flow out" creating more dukkha, kamma, and rebirth ( page 342 ):
          - desire for objects of the senses
          - views ( attachment to them )
          - "becoming"
          - ignorance

### VII. Questions to give OR NOT GIVE "Appropriate Attention" to (p 156)[Al.43]

- A. are divided by 4 categories by the Buddha:
  - i. those needing a categorical answer
  - ii. those needing an analytical answer
  - iii. those needing to be answered with another question
  - iv. those needing to be put aside
- B. "needing" is defined as
  - i. needing to answer questions in such a way as to . lead the asker back to practice of direct observation of the 4 Noble Truths manifesting in their lives, the dhamma, practice

### VIII. Questions needing an analytical answer ( page 155 )

- A. are useful as questions, but are poorly phrased
- B. need to be clarified
- C. can be illuminating once the terms are redefined

### IX. Questions needing to be answered with another question

- A. aren't straight forward questions
- B. are questions with hidden agendas behind them
- C. are questions that are confused with other issues

### X. Questions needing a categorical answer(p 156 )

- A. are questions most relevant to "Appropriate Attention"

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- i. expending attention on these questions is doing "Appropriate Attention"
- B. are about categorizing ones experiences
  - i. into the 4 Noble Truths, using each truth as a category
- C. falls into three sub categories of questions
  - i. questions seeking to identify terms and categories
  - ii. questions of how to categorize an event
  - iii. questions trying to understand causal roles
    - a) of events categorized under the 4 Noble Truths
    - b) of asking questions
    - c) of different modes of practice