

The development of single-pointed concentration (samadhi) and calm-abiding (samatha)

The following methods and techniques for developing
single-pointed concentration (samadhi) and calm-abiding (samatha)
are derived from the indisputable works of Maitreya's
"The Full Investigation of the Centre and Extremes Asanga's Collection on the Spiritual Stages".

5 FAULTS	8 ANTIDOTES
Laziness	Faith Aspiration Effort Pliancy
Forgetfulness	Mindfulness (<i>not forgetting the object</i>)
Laxity and Excitement	Awareness (<i>alertness</i>)
Non-application	Application
Over-application	Equanimity

9 STAGES OF MENTAL DEVELOPMENT	6 POWERS	4 MENTAL ACTIVITIES
Placing the mind	— The power of hearing	} Forcible attention
Placement with continuity	— The power of thinking	
Patch-like continuity	} The power of mindfulness	} Interrupted attention
Close placement		
Controlling	} The power of awareness	
Pacifying		
Complete pacification	} The power of joyous effort	} Uninterrupted attention
Single-pointed concentration		
Placement with equanimity	— The power of complete familiarity	} Effortless attention