

Mind in the Mind: 1 (*Mental Formations*)

February 5, 2017

- ❖ **Review from last class:** *cultivation (4 right efforts), 4 nutriments*
- ❖ **Confidence in the path:** *“there is a most wonderful way to help living beings realize purification, overcome directly grief and sorrow, end pain and anxiety, travel the right path, and realize nirvana. This way is the Four Establishments of Mindfulness.”*
- ❖ **Sitting, observing the mind and the activities of the mind, the river of mind:** *“When his mind is desiring, the practitioner is aware, ‘My mind is desiring.’ When his mind is not desiring, he is aware, ‘My mind is not desiring.’ He is aware in the same way concerning a hating mind, a confused mind, a collected mind, a dispersed mind, an expansive mind, a narrow mind, the highest mind, and a concentrated and liberated mind.”*
- ❖ **Three Poisons:**
 - *Desire, Hate, Confusion (ignorance)*
- ❖ **“remains established in the observation”:**
 - a well-trained mind is the greatest source of well-being, and
 - an untrained mind is the greatest cause of ill-being
- ❖ **Gladdening the Mind:** happiness from letting go, mindfulness and concentration
- ❖ **Mental Formations, regarding our relationship with ourselves and our actions**
 - Inner Shame, Shame before others, Regret/Repentance, Concealment, Deceitfulness