

How Mindfulness Meditation Develops

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1. Desire to be free from Dukkha (friction, pain and suffering) in life arises
2. We come in contact with the meditation instructions, Vicikiccha (doubt) in the practice is present, and pain drives us to try it.
3. When we start to see that what we are taught is real through our own experience some Saddha (verified faith) arises
4. Saddha (verified faith) gives rise to trust and creates the desire to investigate during meditation
5. Investigation (Dhamma Vicaya) of our present experience during meditation stimulates Mindfulness (Sati)
6. Mindfulness (Sati) remembers the awareness of the object of meditation (literally "I am aware of this...")
7. Remembering awareness (Vinnana) of the object of meditation over time causes awareness to concentrate (Samadhi)
8. Momentary concentration (Khanika Samadhi) increases clarity and stillness of awareness and suppresses the 5 Hindrances (Panca Nivaranani) attraction, aversion, restlessness, sleepiness and doubt – meditation hindrances
9. Clarity and stillness (Passaddhi) plus investigation give rise to clear understanding (Sampajanna)
10. Clear understanding gives rise to wisdom (Panna) into the nature of reality
11. Wisdom (Panna) into reality produces dispassion for that which causes pain
12. Dispassion results in mentally letting go of what we are holding on to
13. Letting go produces freedom from conditioned patterns and response
14. Freedom from conditioned patterns and response give rise to equanimity
15. Equanimity (Upekkha) gives rise to deep contentment
16. Deep contentment gives rise to joy and bliss in all experience that comes from no longer mentally grasping