

THE FOUR CONCENTRATIONS

SOURCE: ABHIDHARMAKOSA

	BASIS	ANTIDOTE	FREEDOM FROM	BENEFIT
4TH DHYANA	Pure meditative stabilization	Pure mindfulness & pure equanimity	Happiness of 3 rd dhyana	Pure equanimity feeling
3RD DHYANA	Meditative stabilization	Equanimity, mindfulness & introspection	Joy (mental happiness) of 2 nd dhyana	Bliss (happiness of mind)
2ND DHYANA	Meditative stabilization	Internal clarity (faith of conviction)	Investigation & analysis of 1 st dhyana	Joy & bliss (pliancy)
1ST DHYANA	Meditative stabilization	Investigation & analysis	Malice of desire realm	Joy & bliss (pliancy)

Pure = abandoned the eight faults of concentration

THE EIGHT FAULTS (and the level at which they are abandoned)

- 1-2. Investigation & analysis (2nd dhyana)
- 3-4. Inhalation & exhalation of the breath (4th dhyana)
- 5-6. Suffering & happiness feeling (2nd & 4th dhyana respectfully)
- 7-8. Mental unhappiness & mental happiness (1st & 3rd dhyana respectfully)

THE FIVE OBSTRUCTIONS (since they obstruct the meditative absorption of the concentrations)

1. Aspiration for the desire realm
2. Malice
3. Sleep & lethargy
4. Excitement & regret
5. Doubt