

KAMALASHILLA'S OUTLINE

1. DIRECTED ATTENTION
2. CONTINUOUS ATTENTION
3. RESURGENT ATTENTION
4. CLOSE ATTENTION
5. TAMED ATTENTION
6. PACIFIED ATTENTION
7. FULLY PACIFIED ATTENTION
8. SINGLE-POINTED ATTENTION
9. ATTENTIONAL BALANCE
10. SHAMATA

10 stages are sequential.

Progress through each stage achieved by rooting out progressively more subtle forms of Mental Agitation and Mental Dullness.

Successful achievement of each stage is determined by specific criteria and is accompanied by a clear sign.

The ability to relax body and mind is KEY.

The Attention Revolution by Alan B. Wallace