

The seven factors of awakening

1. mindfulness, staying aware of experience as it changes
2. investigation, curiosity for the way in which our mind works, interest in life
3. energy, feeling bright and vibrant and staying in touch with experience as it is
4. joy, enjoying the process and sometimes experiencing bliss, but not chasing it
5. tranquillity, awareness of the body and mind settling like a calm lake
6. concentration, staying focused one-pointedly, yet in an effortless way
7. equanimity, stepping back to witness experience without judgement

Four foundations of mindfulness

Awareness of the body

- tension, relaxed
- settled, irritated, uncomfortable
- temperature
- pressure points, point of contact
- notice that the body's dynamic and constantly changing

Awareness of feelings

- this is not emotions
- it is an overall sense or tone
- essentially good, bad, or neutral - is this supportive to life?
- like meeting somebody new and getting a first impression
- it's very quick and from the gut, and changes quickly
- more subtle as one becomes experienced

Awareness of states of mind

- the emotional flavour or quality, not content
- for example dull, sharp, agitated, heavy, blissful, open, angry
- one gradually increases one's discrimination
- a becomes aware of wholesome moments

Awareness of phenomena

- the internal experience as it appears and changes
- insights, visions, understanding