



TURN MIND AWAY FROM THOUGHTS THAT ARE STIMULATING THE THOUGHTS

IGNORE

ANITIDOTES

ANGER OR ILL WILL REFLECT UPON LOVE

REPLACE UNWHOLESOME BY OPPOSITE.

KEEN SENSE OF THE DANGER OF THE UNWHOLESOME THOUGHTS..KEEP US ENTANGLED IN SUFFERING

DEPRESSION OR DEJECTION REFLECT UPON THE NOBLE QUALITIES OF BUDDHA

STRONG ATTACHMENT TO WEALTH OR POSSESSION IMPERMANENCE

DESIRE:IMPURE NATURE OF BODY,

WISE EFFORT
 ELIMINATE
 SELF BELIEF
 DOUBT
 RITES AND RITUALS
 GROSS GREED
 HATRED
 SUBTLE DESIRE
 MATERIAL
 SUBTLE DESIRE
 IMMATERIAL
 CONCEIT
 RESTLESSNESS
 ...

ELIMINATE UN...
 FIVE HINDRANCES
 GREED
 ILL WILL
 RESTLESS
 SLOTH
 DOUBT

LAST MEET THE UNWHOLESOME THOUGHT IN FACE TO FACE COMBAT.

ELIMINATE UNWHOLESOME

KEEP GREED HATE AND DELUSION FROM ARISING GUARD SENSES

WISE EFFORT

KEEP UNWHOLESOME FROM ARISING.. NOT ALWAYS THERE. EFFORT TO PREVENT.

BRING INTO BEING WHOLESOME STATES, LOVINGKINDNESS, WISDOM, ETC

ONCE IN EXISTENCE MAINTAINING WHOLESOME STATES.

WATCHFULNESS OVER THE SENSES. WATCH OUR RESPONSES TO SENSE EXPERIENCES

STABILIZE THEM AND BRING THEM TO COMPLETION

