

## 2) What to Do During the Actual Session

### a) How to practice meditation in general

- First determine the number and order of objects
- Resolve to stay focused on them
- Sustain what you have ascertained with mindfulness and vigilance

### b) How to practice this meditation [relying on a teacher] in particular

### 3) What to Do at the End

- Dedicate the virtue for the benefit of all beings
- Meditate like this in four sessions per day
- Start with short sessions
- Once they have stabilized, increase the length

# What to Do in the Periods Between Sessions

- Maintain mindfulness and vigilance of your meditation object
- Accumulate favorable conditions and purify obstructions
- Reaffirm your vows regularly
- Train in four causes of samatha & special insight:
  1. Restraining sense doors
  2. Acting with vigilance
  3. Knowing the right measure of food
  4. Advice regarding sleep