

# Misconceptions about Meditation

- Meditation on the path should involve only stabilizing meditation, not analysis.
- Analysis with discerning wisdom should be done only when listening/studying and reflecting.
- Conceptual thought apprehends signs of true-existence and is therefore an obstacle to enlightenment.
- The classic scriptures and commentaries are only for scholars and don't contain instructions for personal practice.

# The Need to Employ Two Kinds of Practice

These two are:

- Analytical meditation—to cultivate faith in spiritual teachers and so on up through bodhicitta.
- Placement meditation—to cultivate samatha and learn to keep the mind focused on whatever object you wish.

# Chapter Six: The Freedoms and Endowments of This Life

Three points:

1. Identifying the freedoms and endowments
2. Contemplating their great value
3. Contemplating the difficulty in finding them

# The Eight Freedoms

Four unfree human states	Four unfree nonhuman states
1. Living in a remote, savage land	5. Being born in hell
2. Having severe disabilities	6. Being born as a hungry ghost
3. Holding wrong views	7. Being born as an animal
4. Being born where no buddha has appeared	8. Being born as a long-lived god

# The Ten Endowments

Five pertaining to oneself	Five pertaining to others
1. Being human	6. Being born where a buddha has come...
2. Born in a central place	7. ... and taught the Dharma
3. Having unimpaired faculties	8. The teachings remain...
4. Not having committed an uninterrupted action	9. ...and are being followed
5. Having faith in the Tripitaka	10. There's loving-kindness and compassion for the sake of others