

How am I going today with all these Dhamma c

	Ill-Will	Sensual Desire
Level of Issue		Greed/Craving
not much	abandon	
sometime	accusing	Vision
often	agitation	Hearing
very often	anger	Smells
unknown	annoyed	Taste
	anxious	Touch/Body
	apprehensive	Mental
Importance	argumenter	
Very importa	attachment to views	
Important	aversion	
	bad temper	
	being bossy	
	being in a hurry	
	being reactive	
	boredom	
	commenting	
	comparing	
	complaining	
	conceit	
	contempt	
	controlling	
	cringing	
	criticism	
	deception	
	depression	
	discontent	
	disgust	
	dissatisfaction	
	enemies	
	expectations	
	fault-finding	
	fear of being controlled	
	fear of being misunderstood	
	fear of failure	
	fear of loosing xyz	

	fear of success	
	force situations	
	frustration	
	grumble	
	guilt	
	hatred	
	I can't do it	
	I don't deserve	
	I'm not good enough	
	I'm stupid	
	ill-tempered	
	ill-will	
	impatience	
	insecure	
	irony	
	irritation	
	it's not good for me	
	jealousy	
	judgemental	
	kill-joy	
	laziness	
	low self esteem	
	misrepresentation	
	morose	
	negativity	
	no confidence	
	not accepting	
	not committed	
	not good enough	
	not motivated	
	not wanting	

	obsession	
	poor me	
	powerless	
	pride	
	procrastination	
	projections	
	rage	
	rebellion	
	recrimination	
	reject	
	reject authority	
	reproaching	
	repulsion	
	resentment	
	resigned	
	resistance	
	restlessness	
	sabotaging	
	sadness	
	sarcasm	
	shame	
	threatening	
	too hard	
	torpor	
	wasting time	
	wrong view	

Components. In particular what's left in r

Specific Ill-Will

attachment to views
 commenting
 fault-finding
 fear of losing someone
 impatience
 irritation(s) - various
 judgemental
 not wanting
 sadness - not having xyz

My prejudices

e.g. gay & lesbians
 e.g. strangers (slight feeling of superiority)
 e.g. handicaped (sometime condescendent)
 e.g. ugly (still prefer beauty)
 e.g. coloured people (little fear)
 e.g. arabs (judging muslim religion negative)
 e.g. christians (judging religion negatively)

My enchantments for each of the senses

e.g. Forms ...
 e.g. Music,
 e.g. perfume ...
 e.g. How much attraction to food
 e.g. Hugging, Kissing, sex, caresses,
 e.g. my cats

My current list of fears

e.g. death
 Fear of dying before having finished the job

My current list of aversions
xyz being nasty or aggressive
xyz saying wrong things about me to me. Mind reading.
Treatments of the 1st Australians by
People expressing negativities, seeing first negative things about anything and never moving to the positive side of things
xyz wanting me to do something I don't want to do
The eight Worldly Concerns
gain
loss
fame
disgrace
pleasure
pain
praise
blame
Seven Factors of Awakening
Sati
Investigation of Dhamma
Energy/Effort
Piti
Calm/Tranquility
Samadhi
Equanimity
Ten Perfections

ne in term of Doubt, Self vs self, Sensual Desire, Ill will, Conceit

Associated desire	Delusion	Becoming/Status
	Delusion	e.g. Australian
power/status/success	Ignorance	e.g. Body
power/success/status	Confusion	e.g. Bridge player
power/success/status		e.g. Brother
tranquility/romance/family/social contact		e.g. Bus driver
power/success/status/tranquility/acceptance		Dhamma friend
power/success/status/tranquility/acceptance		Dhamma practitioner
power/success/status		e.g. Ex-Engineer
vengeance/tranquility/independence		e.g. Father
idealism/order/power		e.g. French born
		Friend
		Work achievements
		e.g. Golf player
		e.g. Grand father
		e.g. Great Grand father
		e.g. Husband
		Man or woman
Remember: Trading candies for		e.g. Mentor
		Mind
		e.g. Nephew
Notes		e.g. Uncle
		e.g. Volunteer
		etc
Gradual Training (from DN2)	Progress	
Confidence in the tathāgata, the		
Morality/Virtue		
Guarding the Senses		
Moderation in Eating		
Devotion to Wakefulness		
Mindfulness and Clear Comprehension (sati & sampajañña)		
Contentment with Little - food, clothing, shelter, medicine when ill		
abandoning the 5 Hindrances - sensual desire, hatred & ill-will, restless & remorse, sloth & torpor,		

4 Establishments of Mindfulness (4 satipaṭṭhāna)		
1st Jhana		
practicing the 4 Brahma Viharas (mettā, karunā, muditā, upekkhā)		
2nd Jhana		
3rd Jhana		
4th Jhana		
5th Jhana - infinite space	needed?	
6th Jhana - infinite consciousness	needed?	
7th Jhana - nothingness	needed?	
8th Jhana - neither perception nor non-perception	needed?	
Nirodha - the cessation of feeling and perception		
Insight practice		
Mind Made Body		
Divine Ear	needed?	
Knowing the Minds of Others	needed?	
Remembering Past Lives	needed?	
Seeing beings passing away and Rearising According to their Karma	needed?	
the Ending of the Āsavas - Liberation		
The 10 Fetters		
Identity View		
Doubt in the Buddha (and may be also in self to progress/achieve)		
Attachement to Rite & Rituals		
Sensual Desires		
Ill-Will		
Material-rebirth desire		
Immaterial-rebirth desire		The asavas (taints)
Conceit		Sensual desires
Restlessness		Craving for
Ignorance (the way things are & with regard to the Four Noble Truths & not knowing the 5 Khandas - their arising, ceasing & the way leading to		Ignorance

