

MINDFUL DHAMMA PRACTICES		Mental Legacies																						
		Index of Latent Torments															Other							
		Attachment		Aversion					Conceit		Wrong View			Skeptical Doubt		Delusion	Torments							
		Sensual pleasure	Spiritual goodies: /jhāna, joy, bliss...	Life in any realm	Hatred/rage	Anger	Fear/anxiety	Depression/despair	Frustration/Disappointment	Impatience/irritation	Greater than...	Less than...	Equal to...	Kamma: cause-effect	Spiritual goodies: joy, bliss, e.g.	Enduring sense of self	Nibbāna/ liberation	Doubt in self	Doubt in kamma	Doubt in Dhamma	Not knowing	Knowing wrongly	Envy, avarice, worry	Shamelessness/remorselessness
Three Refuges	Buddha		X			X	X	X				X			X	X								
	Dhamma						X	X	X			X					X							
	Sangha				X		X	X																
Three Trainings	Morality	X			X	X						X											X	
	Tranquility	X	X	X	X	X	X	X	X							X	X	X				X		
	Insight	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Four Mind Turning Reflections on...	...precious human life			X	X		X	X				X												
	...death		X	X	X	X			X	X	X													X
	...law of kamma		X	X	X	X						X												
	...samsāra	X	X	X	X	X						X	X		X									
Four Protective Reflections on...	Lovingkindness	X	X	X	X	X	X	X	X		X											X		
	Buddha's virtues																							
	Death		X	X	X	X			X	X	X	X												X
Four Divine Abidings	Lovingkindness	X	X	X	X	X	X	X	X		X											X		
	Compassion				X	X	X		X															
	Sympathetic Joy						X	X		X														
	Equanimity	X	X	X	X	X	X	X	X							X	X	X				X		
Mahasi Sayadaw's Six Factors Contributing to Good Dhammas	...a few things to attend to	X					X	X	X															
	...a few words that you speak				X	X		X	X														X	
	...a few hours that you sleep	X					X									X						X	X	
	Love solitude	X			X	X	X		X					X	X									
	Be willing to learn		X									X				X	X	X						
	Seek good friends				X	X		X	X	X	X	X												
Ten Pārami/ Beautiful Qualities	Generosity	X	X	X	X	X	X	X	X	X	X	X	X	X	X							X		
	Morality	X			X	X						X												
	Renunciation	X	X	X	X	X							X											
	Wisdom/insight	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
	Energy						X	X								X	X	X					X	
	Patience				X	X		X	X							X								
	Truthfulness						X					X				X	X		X					
	Resolve			X			X	X								X	X	X						
Five Controlling Faculties	Lovingkindness	X	X	X	X	X	X	X	X		X											X		
	Equanimity	X	X	X	X	X	X	X	X							X	X	X				X		
	Faith/confidence					X	X	X	X		X	X				X	X	X	X	X		X		
	Energy/effort						X	X								X	X	X					X	
	Mindfulness	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Wholesome Neuro-Plasticity Factors of Mind	Collectedness/tranquility	X	X	X	X	X	X	X	X							X	X	X				X		
	Wisdom/insight	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
	Lightness						X																	
	Buoyancy						X		X	X	X	X	X	X										X
	Pliancy				X	X	X		X	X	X	X	X	X										X
Guardians of the World	Adaptability																							X
	Proficiency																							X
	Straightness of mind								X	X	X													
	Modesty	X			X	X																		X
Conscience	X			X	X																		X	