



Tasks and relations:
How to begin? What are
the obstacles? Whom
should I work with?

Favourable environment,
stable foundation for
working on the task

Intent on the task,
developing focus and
investigation

Four Paths to Success (*iddhipāda*)

Qualities of mind which develop concentration and
lead toward accomplishing the goal

Aspiration,
Enthusiasm
(*chanda*)

A keen interest in the objective of such activity, a love for one's work and its goal. A desire to complete and manifest the goodness of the goal. Happiness, delight, joy, satisfaction when reaching the goal.

Energetic Effort
(*virīya*)

Courage, effort, perseverance, not getting discouraged or intimidated by obstacles and difficulties. The mind is unified and stable, intent upon the goal.

Focused Attention
(*citta*)

The mind is absorbed in and focused on an object or an activity; it does not release the object of attention or become distracted. One may not be aware of one's surroundings and loses track of time.

Investigation
(*vimamsā*)

Analysis and examination which composes the mind to keep track of the matter at hand. Asking questions about causes and formulating a plan of action. Reasoning and reflection; an examination of defects of one's actions; experimenting and searching for ways to improve oneself. Here, the faculty of wisdom guides concentration.