



How to begin? What are the obstacles? Whom should I work with?

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 the goal of concentration

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
(viriya)

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.