

## Meditation 2 – Exploring experience

| Traditional description of negative aspect | Metaphor of water     | Characteristic               | Negative aspect                                 | Positive aspect              |
|--|-----------------------|------------------------------|---|------------------------------|
| Restlessness and anxiety                   | Water stirred by wind | Lots of energy               | Anxiety, worry, restlessness                    | Energy, dynamic, inspiration |
| Sloth and torpor                           | Overgrown with algae  | Little energy                | Sleepiness, lethargy                            | Peace, relaxation, calm      |
| Desire for sense experience                | Mixed with dye        | Wanting something            | Craving, desire                                 | Enjoyment, interest          |
| Ill will                                   | Boiling               | Wanting something to go away | Irritation, annoyance, aversion, self-criticism | Interest, protecting a value |
| Doubt                                      | Dark and muddy        | Indecision                   | Self-doubt, doubt in practice                   | Questioning                  |

### Traditional description of positive factors

|                                   |   |
|-----------------------------------|---|
| One-pointedness or one-mindedness | Undivided attention, absorption, focus  |
| Initial thought                   | Identifying something, for example, a friend  |
| Sustained thought                 | Dwelling on something, for example a friend   |
| Rapture                           | Predominantly a physical sensation of pleasure, like anticipation of obtaining what we want     |
| Bliss                             | More subtle than rapture – like enjoying satisfaction of having obtained what we want, quietude |