



## BUDDHIST PSYCHOLOGY, WEEK 9

### MEDITATION ON THE WHOLESOME MENTAL STATES

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#### **FIRST FEW MINUTES**

Touch in with your motivation for this meditation. Begin by connecting with your actual motivation. Then, see if you can expand from there to include a longer view. Try expanding your scope using whatever you can recall from the first two modules to shape your intentions: your wish, for example, to reduce and remove destructive states of mind and cultivate positive mental qualities. Have the intention to gain a greater understanding of working with your own mind in order to lessen your day to day suffering, improve your relationships with others, and lead you further on the path to enlightenment.

#### **NEXT 10-15 MINUTES**

Each day, choose one wholesome mental factor from the third zone chart on p.82: confidence, optimism, joy, equanimity, friendliness, calmness, mindfulness, correct understanding of cause & effect.

Recalling from experience or using your imagination, contemplate the benefits of having this kind of mind in your everyday life.

Now imagine what it might be like to have this state of mind in the midst of a difficult situation.

Consider how cultivating this wholesome mental quality might lead to those in the second zone: loving-kindness, compassion, altruism, calm abiding, constant mindfulness of body, speech & mind, constant application to long-term goals.

#### **DEDICATION**

In conclusion, have the strong intention that your work here on wholesome states of mind will not just bring benefits in the immediate term, but will also serve to bring you closer to your long term spiritual goals.