

The Practice of Bhavana

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Dana Sila BHAVANA

Carana (conduct) and Vijja (Knowledge) [DN2: Samannaphala]

CARANA	VIJJA
Abandon killing	Abandoning the 5 Hindrances
Abandon taking what is not given	First Jhana
Abandon incelibacy	Second Jhana
Abandon false speech	Third Jhana
Abandon slander	Fourth Jhana
Abandon harsh speech	Insight Knowledge
Abandon idle chats	Seeing body-mind
Abstain from damaging seeds & plants	Knowledge of mind-made body
Eats only once a day	Knowledge of modes of super powers
Abstain from entertainment	Knowledge of divine ears
Abstain from beautifying self	Knowledge of encompassing minds of others
Abstain from high luxurious bed	Knowledge of recollecting past lives
Abstain from accepting money, gifts, lands	Knowledge of divine eyes
Abstain from wrong livelihood	Knowledge of destruction of asavas
<i>Restraint of sense faculties</i>	
<i>Mindfulness and Clear Comprehension</i>	
<i>Contentment</i>	

What is Bhavana?

- Mental development
 - Mental cultivation
 - Mental purification
 - Mental concentration
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- Wisdom and morality (conduct) are two marks of a great man. Wisdom supports morality, and morality supports wisdom [DN4: Sonadanda Sutta]

What are we overcoming?

5 HINDRANCES	3 ROOTS
<ol style="list-style-type: none">1. Sensual Desires2. Ill Will3. Sloth and Torpor4. Restlessness & Worries5. Skeptical Doubts	<ol style="list-style-type: none">1. Greed (Lobha)2. Hatred (Dosa)3. Delusion (Moha)

How to Practice Bhavana

- Noble Eightfold Path
 - Right Effort
 - Right Mindfulness
 - Right Concentration

Right Effort

- Reduce and eliminate negative thoughts
- Increase and fulfill positive thoughts

Right Mindfulness

1. Mindfulness of Body
2. Mindfulness of Feelings
3. Mindfulness of Thoughts
4. Mindfulness of Dhamma

Right Concentration

5 Factors	4 Jhanas
<ol style="list-style-type: none">1. Thought Directed (Vitakka)2. Thought Sustained (Vicara)3. Joy (Piti)4. Happiness (Sukha)5. One-Pointedness (Ekaggata)	<ol style="list-style-type: none">1. First Jhana2. Second Jhana3. Third Jhana4. Fourth Jhana

7 Factors of Enlightenment

1. Sati (mindfulness)
2. Dhammavicaya (keen investigation of the dhamma)
3. Viriya (energy)
4. Piti (joy)
5. Passaddhi (calm)
6. Samadhi (concentration)
7. Upekkha (equanimity)