

## SYNOPSIS OF THE NINE STAGES

	Step	What is achieved	The power by which that is achieved	What problems persist	Attentional imbalances	The type of mental engagement	The quality of the experience	Involuntary thoughts
1	Mental placement	One is able to direct the attention to the chosen object	Learning the instructions; Hearing	There is no attentional continuity on the object	Coarse excitation	Tight / Focused	Movement	The flow of involuntary thought is like a cascading waterfall
2	Continuous placement	Attentional continuity on the chosen object up to a minute	Thinking about the practice; Reflection	Most of the time the attention is not on the object	Coarse excitation	Tight / Focused	Movement	The flow of involuntary thought is like a cascading waterfall
3	Patched placement	Swift recovery of distracted attention; mostly on the object	Mindfulness	One still forgets the object entirely for brief periods	Coarse excitation	Intermittent	Movement	The flow of involuntary thought is like a cascading waterfall
4	Close placement	One no longer completely forgets the chosen object	Mindfulness which is now strong	Some degree of complacency concerning samadhi	Coarse laxity and medium excitation	Intermittent	Achievement	Involuntary thoughts are like a river quickly flowing through a gorge
5	Tamed	One takes satisfaction in samadhi	Introspection / Vigilance	Some resistance to samadhi	Medium laxity and medium excitation	Intermittent	Achievement	Involuntary thoughts are like a river quickly flowing through a gorge
6	Pacification	No resistance to training the attention	Introspection / Vigilance	Desire, depression, lethargy and sadness	Medium laxity and subtle excitation	Intermittent	Achievement	Involuntary thoughts are like a river slowly flowing through a valley
7	Complete Pacification	Pacification of attachment, melancholy and lethargy	Enthusiasm	Subtle imbalances of the attention, swiftly rectified	Subtle laxity and excitation	Intermittent	Familiarity	Involuntary thoughts are like a river slowly flowing through a valley
8	One – Pointed Attention	Samadhi is long, sustained without any excitation or laxity	Enthusiasm	It still takes effort to ward off excitation and laxity	Latent impulses for subtle excitation and laxity	Uninterrupted focus	Stillness	The conceptually discursive mind is calm like an ocean with no waves
9	Balanced placement	Flawless samadhi is long, sustained effortlessly	Thorough Acquaintance; Familiarity	Attentional imbalances may recur in future	The causes of the imbalances are still latent	Spontaneous Focus / Effortless	Perfection	The conceptually discursive mind is still like a mountain

Wallace, B. Alan *the Attention Revolution* Boston: Wisdom Publications, 2006