

Feelings in the Feelings: 1

January 8, 2017

- ❖ **Review from previous class:** *loving intention, parts and elements of body*
- ❖ **Three kinds of feelings**, belong to body or mind: *“Whenever the practitioner has a pleasant feeling, she is aware, ‘I am experiencing a pleasant feeling.’ The practitioner practices like this for all the feelings, whether they are pleasant, painful, or neutral, observing when they belong to the body and when they belong to the mind.”*
- ❖ **Sutra of Full Awareness of Breathing:** *5. experience joy, 6. experience happiness, 7. experience painful feeling, 8. embracing painful feeling*
- ❖ **Five Universal Mental Formations:**
 - **Contact** (6 sense organs, 6 sense objects, 6 consciousnesses – guarding our sense doors)
 - **Attention** (appropriate and inappropriate)
 - **Feeling** (pleasant, unpleasant, neutral, 1 of 5 aggregates)
 - **Perception** (1 of 5 aggregates, mostly wrong)
 - **Volition** (deep desire, 1 of 4 nutriments)
- ❖ Stay with feelings, mindfully, concentration can develop: *“She remains established in the observation of the process of coming-to-be in the feelings or the process of dissolution in the feelings or both in the process of coming-to-be and the process of dissolution. Or she is mindful of the fact, ‘There is feeling here,’ until understanding and full awareness come about.”*