

TABLE 13.14
Six-Door Training Objects

| SENSE DOOR | OBJECT | VARIATIONS |
|------------|--------------------------------------|-----------------------------------------------|
| Eye | Color | 24 wholesome 18 unwholesome |
| Ear | Sound | 24 wholesome 18 unwholesome |
| Nose | Odor | 24 wholesome 18 unwholesome |
| Tongue | Flavor | 24 wholesome 18 unwholesome |
| Body | Tangible elements: earth, fire, wind | 24 wholesome 18 unwholesome |
| Mind | <i>Materiality</i> | |
| | 1. Concrete materiality | 24 wholesome 18 unwholesome |
| | 2. Nonconcrete materiality | 8 wholesome 18 unwholesome |
| | <i>Wholesome reflections</i> | |
| | 1. Recollection of the Buddha | 4 wholesome ¹ |
| | 2. Recollection of death | 4 wholesome |
| | 3. Compassion (not jhāna) | 4 wholesome |
| | 4. Appreciative joy (not jhāna) | 4 wholesome |
| | 5. Right speech | 4 wholesome |
| | 6. Right action | 4 wholesome |
| | 7. Right livelihood | 4 wholesome |
| | <i>Jhāna subjects</i> ² | |
| | 1. Breath | jhānas 1, 2, 3, 4 |
| | 2. Ten kasiṇas ³ | jhānas 1, 2, 3, 4, and 4 immaterial states |
| | 3. Loving-kindness | jhānas 1, 2, 3 |
| | 4. Compassion | jhānas 1, 2, 3 |
| | 5. Appreciative joy | jhānas 1, 2, 3 |

| | |
|--------------------------------------------------|---------|
| 6. Equanimity | jhāna 4 |
| 7. Repulsive corpse ⁴ | jhāna 1 |
| 8. Repulsive skeleton or body parts ⁵ | jhāna 1 |

- 1 The four wholesome variations account for the variable presence or absence of rapture and wisdom.
- 2 Jhāna meditation subjects have the potential to reach different levels of absorption. The first, second, third, and fourth jhānas consists of distinct mental factors. See Table 13.2, 13.5 and 13.6 for the details.
- 3 The kasiṇa can be used as the basis for the four material jhānas and the four immaterial states derived from each kasiṇa, with the exception of the limited-space kasiṇa which is limited to the four material jhānas.
- 4 An external repulsive corpse can be used to attain the first jhāna. Concentration based on contemplating one's own death is limited to momentary or access concentration.
- 5 Internal repulsive body parts can be used to attain the first jhāna. Concentration based on an external repulsive body part is limited to momentary or access concentration.