

C. The Four Right Exertions

I. The 4 Right Exertions (page 105)

- A. are about how effort is applied
 - i. to develop skillful states of mind
- B. are:
 - i. the effort to prevent unskillful mental states
 - ii. the effort to get out of unskillful mental states
 - iii. the effort to get into skillful mental states
 - iv. the effort to stay in skillful mental states
- C. are also known as:
 - i. guarding
 - ii. abandoning
 - iii. developing
 - iv. maintaining

II. Abandoning unskillful qualities (p 106)

- A. can be done with effort toward developing skillful qualities
 - i. A. with the 4 Right Exertions [S61]
 - a) applying effort in doing the following:
 - by abstaining from the unskillful
 - by applying discernment and mindfulness
- B. must be done skillfully itself
 - i. for it to be "Right Exertion"
 - ii. unskillful ways of eradicating unskillful states only creates more problems

III. The mind is activated to go deeper into the path (page 106) with the 4 Right Exertions

- A. which operate on the "Bases Of Power":
 - i. persistence
 - ii. intent
 - iii. desire (to finish the path)

IV. "Right Exertion" implies knowing the difference

- A. between what is skillful and unskillful
 - i. knowing this requires developing
 - a) discernment
 - b) mindfulness

V. the 3 most skillful qualities

- A. belong to the 7 factors of awakening:
 - i. mindfulness
 - ii. analysis of qualities
 - iii. the factors of achieving jhana

VI. Sutta [S51] lists 7 ways to abandon unskillful qualities

- A. and is deliberately vague about using the various methods
 - i. learning how to use these methods is part of develop skillfulness:
 - a) seeing

C. The Four Right Exertions

- b) restraining
- c) using
- d) tolerating
- e) avoiding
- f) destroying
- g) developing

VII. Right Exertion depends on using one's own discernment & mindfulness

- A. to determine how much effort to apply to practice
 - i. everyone responds differently
 - ii. which needs to change with changing situations
 - a) a rule cannot cover all possible situations.

VIII. The Buddha said that the path will be [\$84, \$85]:

- A. slow and painful for some
- B. quick and painful for some
- C. slow and pleasant for some
- D. quick and pleasant for some

IX. "Right Exertion" depends on the "Middle Way [\$86] (page 107)

X. "Right Exertion" & The 4 Frames Of Reference:

- A. "Right Exertion" equals "ardency"
- B. In The First Step Of Frame Of Reference Practice
 - i. Right Exertion keeps the mind on the object
 - ii. Right Exertion wards off unskillful states
- C. In The Second Step Of Frame Of Reference Practice
 - i. Right Exertion prevents getting attached to states that are impermanent
- D. In the Third Step Of Frame Of Reference Practice
 - i. Right Exertion maintains non-attachment

XI. An infant's mind is not a pure mind [\$61]

- A. it is just to undeveloped to do impure acts
- B. the goal of effort in practice is NOT to achieve such a mind