

# **GOM TRAINING CHARTS AND LISTS**

## **Suitable Environment**

- dwelling in appropriate places
- having small needs
- being content
- going away from demands of society
- having pure ethics
- lessen the thoughts of desire

## **Benefits of GOM Meditation**

- happiness and joy in body and mind
- complete control over your mind
- non-virtue will be greatly reduced
- attainments of siddhis like clairvoyance
- sleep transforms into profound meditation
- it allows you to develop the wisdom that makes liberation from suffering possible

## **The 7 Point Vairochana Posture**

- legs: sitting cross legged in vajra posture
- arms: hands held one above the other in lap underneath navel, thumbs joining together
- spine: sitting up straight
- shoulders: two shoulders straight, relaxed
- head: not too upright, not too tilted
- eyes: half open, looking down bridge of the nose
- lips, teeth, tongue: mouth closed, tongue against upper teeth from inside, jaws relaxed
- breath: regular and natural

<b>Five Faults</b>	<b>Eight Antidotes</b>
1. laziness	physical and mental pliancy enthusiastic effort desire faith
2. forgetfulness	mindfulness
3. excitation or sinking	meta-alertness
4. non-application	application
5. over-application	equanimity or relaxation

<b>The Six Powers</b> indicating the method	<b>The Nine Stages of Mind</b> indicating the development	<b>The Four Types of Attention</b> indicating the way of focus
habituation	9. equanimity	effortless focusing
joyous effort	8. single-pointed focus	focusing without interruption
	7. completely pacified	interruptedly focusing
meta-alertness	6. pacified focus	
	5. controlled focus	
mindfulness	4. close focus	
	3. patch-like focus	
contemplating	2. continual focus	forcefully focusing
learning	1. focus	