

Dear Participants in the Presentation "Mind, Matter, and Meditation" (19 May 2021),

Thank you again for your interest and your valuable comments.

After the presentation, there was a request for a handout, so please find a short bibliographical list attached to this mail.

I would also like to use this opportunity to respond to one question that could not be resolved during the talk. The question concerned three kinds of meditative concentration, namely

1. Beginner's "access concentration" (upacāra-samādhi).
2. Stable meditative absorption (dhyāna) associated with form or matter (ruupa).
3. Stable meditative absorption (dhyāna) without materiality (ārūpya).

These three kinds, and their mythological counterparts, are outlined in Peter Harvey (2013) Introduction to Buddhism, pp. 325-331. See also Rupert Gethin (1997) "Cosmology and Meditation."

A list contained in chapter five of the "Sūtra of Ten [Bodhisattva] Stages" mentions some elements that correspond to these three levels:

saṃvaracāritrasthānadhyānābhijñāpramāṇārūpyasthānāni, Rahder 1926, section 5L, Vaidya 1967, p. 29

T287, 551a20f: 律儀戒行 靜慮神通。四無量心無色定處。

Cleary (1993, 739) translates this as "points of cultivation of discipline, meditation, mystic knowledge, the immeasurables and formless states." While the translation is not without problems, this short notice should probably suffice to answer the question. You may find further explanations in commentaries on the fifth bodhisattva stage.

Thank you again, and my best greetings from Japan,

Achim Bayer.