

Introduction to Mindfulness Part 2

With Gil Fronsdal

Newcastle
INSIGHT
MEDITATION

TALK 9

Five Faculties: Samadhi

TALK ▶

MEDITATION ▶

09

The divinity within us

There is something special, sacred, divine about the five faculties: confidence, effort, mindfulness, concentration and wisdom.

Samadhi is:

- counterpart to restlessness and regret
- unifies and makes peaceful
- immersion (simile of underwater lotus)
- composed, settled, steady
- continuity that allows things to gather (like a snowball)
- an action of inclusive
- undistracted collectedness

Benefits of samadhi

- provides mindfulness with a feeling of contentment and peace
- makes it easier to practice mindfulness
- promotes a sense of satisfaction
- promotes a sense of wholeness

DISCUSSION QUESTIONS

1. Do you have a memorable experience of concentration? Can you recall the conditions leading up to it?
2. Samadhi can be presented as a kind of attainment, have you felt that pressure?



Our very sense
of being alive can
collect itself here,
in a composed way.

FURTHER RESOURCES

[SAMADHI: VEN. CANDA](#) ▶