

<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	