



# SUTTA STUDIES

BY SAYALAY SUSILA  
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1. **The Perception of Foulness** - the mind shrinks away from the completion of sexual acts, bends away, pulls back, and is not drawn in, and either equanimity or loathing take a stance. Contemplate on the 32 impure parts of the body or skeleton meditation.
2. **The Perception of Death** - the mind shrinks away from fervor for life, disenchanted with all kinds of becoming, he dies undeluded, one develops urgency to practise, overcoming negligence and laziness. Recall those who enjoyed life and now died and contemplate "Uncertain is life, certain is death; I may die at any moment."
3. **The Perception of Loathsomeness in food** - the mind shrinks away from craving for flavors ... Review repulsiveness in ten aspects in the food eaten, drunk and tasted .. as to going, seeking, using, secretion, receptacle, what is undigested, what is digested, outflow and smearing.
4. **The Perception of Disenchantment with the whole world** (internal and external) - the mind shrinks away from worldly embellishments or thoughts ... Contemplate impermanence, the fault and danger of the world, mindfulness of death, disgusts to all formations by understanding any delight in the world are impediments to the progress.
5. **The Perception of Impermanence** - the mind shrinks away from gains, offerings and fame ... Contemplating whatever arising as impermanent.
6. **The Perception of suffering in Impermanence** - establish a fierce perception of danger and fear towards idleness, indolence, laziness, heedlessness, lack of commitment and lack of reflection as if towards a murderer with an upraised sword. Contemplate on the oppression of constant arising and passing away of all formations.
7. **The Perception of non self in what is suffering** - mind is devoid of I-making and my-making with regards to this conscious body and externally with regard to all themes, has transcended pride, is at peace and is well released. Contemplate on cause and effect, that all formations are beyond one's control.