

十四種御心法 · 14 ways of complete control of mind

【1】 順遍 kasiṇa anuloma (in the forward order of kasiṇas)

- 依次序每個遍練習 1~8 (強調在遍的次序)。
- For every kasiṇa, practise from the 1st to the 8th attainment. (emphasize on the sequence of kasiṇas)

地 pathavī (earth) → 1~8
水 āpo (water) → 1~8
火 tejo (fire) → 1~8
風 vāyo (wind) → 1~8
棕 nīla (brown) → 1~8
黃 pīta (yellow) → 1~8
紅 lohita (red) → 1~8
白 odāta (white) → 1~8

- ※ 1 = 初禪 the 1st jhāna
2 = 第二禪 the 2nd jhāna
3 = 第三禪 the 3rd jhāna
4 = 第四禪 the 4th jhāna
5 = 空無邊處定 ākāsānañcāyatana jhāna
6 = 識無邊處定 viññāṇañcāyatana jhāna
7 = 無所有處定 ākiñcaññāyatana jhāna
8 = 非想非非想處定 nevasaññānāsaññāyatana jhāna

【2】 逆遍 kasiṇa paṭiloma (in the reverse order of kasiṇas)

- 依逆次序從白遍~地遍，每遍練習 1~8。
- For every kasiṇa, practise from the 1st to the 8th attainment. (from the white kasiṇa to the earth kasiṇa)

白 odāta → 1~8
紅 lohita → 1~8
黃 pīta → 1~8
棕 nīla → 1~8
風 vāyo → 1~8
火 tejo → 1~8
水 āpo → 1~8
地 pathavī → 1~8

【3】 順逆遍 kasiṇa anuloma paṭiloma (in the forward and reverse orders of kasiṇas)

- 順遍做一次，接著做一次逆遍。
- Practise the 8 kasiṇas in the forward order, then in the reverse order.

① 地 pathavī → 1~8
水 āpo → 1~8
火 tejo → 1~8
風 vāyo → 1~8
棕 nīla → 1~8
黃 pīta → 1~8
紅 lohita → 1~8
白 odāta → 1~8

② 白 odāta → 1~8
紅 lohita → 1~8
黃 pīta → 1~8
棕 nīla → 1~8
風 vāyo → 1~8
火 tejo → 1~8
水 āpo → 1~8
地 pathavī → 1~8

【4】 順禪 jhāna anuloma (in the forward order of jhānas)

- 每個遍從 1~8，依序練習（強調在禪那的次序）。
- For every kasiṇa, practise from the 1st to the 8th attainment (emphasize on the sequence of jhānas).

地 pathavī → 1~8
水 āpo → 1~8
火 tejo → 1~8
風 vāyo → 1~8
棕 nīla → 1~8
黃 pīta → 1~8
紅 lohita → 1~8
白 odāta → 1~8

【5】 逆禪 jhāna paṭiloma (in the reverse order of jhānas)

- 做地遍 8~1。若不能，則先入 1~8，然後再做 8~1。
- 做水遍 8~1。若不能，則先入 1~8，然後再做 8~1。
- 其餘諸遍也以同樣方式修行。
- Practise the earth kasiṇa to enter from the 8th to the 1st attainment. If it is difficult to do so, you should first practise it to enter from the 1st to the 8th attainment, then enter from the 8th to the 1st attainment.
- Practise the water kasiṇa to enter from the 8th to the 1st attainment. If it is difficult to do so, you should first practise it to enter from the 1st to the 8th attainment, then enter from the 8th to the 1st attainment.
- The remaining kasiṇas should be practised in the same way.

地 pathavī → 8~1
水 āpo → 8~1
火 tejo → 8~1
風 vāyo → 8~1
棕 nīla → 8~1
黃 pīta → 8~1
紅 lohita → 8~1
白 odāta → 8~1

【6】 順逆禪 jhāna anuloma paṭiloma (in the forward and reverse orders of jhānas)

- 每個遍做 1~8，再做 8~1。
- Practise every kasiṇa to enter from the 1st to the 8th attainment, then from the 8th to the 1st attainment.

地 pathavī → 1~8, 8~1
水 āpo → 1~8, 8~1
火 tejo → 1~8, 8~1
風 vāyo → 1~8, 8~1
棕 nīla → 1~8, 8~1
黃 pīta → 1~8, 8~1
紅 lohita → 1~8, 8~1
白 odāta → 1~8, 8~1

【7】 跳禪 jhānukkantika or jhāna-ukkantika (skipping jhānas)

- 地遍入 1、3、5、7，然後入 2、4、6、8，然後 3、5、7、1……直到 8、2、4、6。
- 其餘的每個遍都要如此做。
- Practise the earth kasiṇa to enter the 1st, 3rd, 5th and 7th attainments, then the 2nd, 4th, 6th and 8th attainments... until the 8th, 2nd, 4th and 6th attainments.
- The remaining kasiṇas should be practised in the same way.

地 pathavī →

1	3	5	7
2	4	6	8
3	5	7	1
4	6	8	2
5	7	1	3
6	8	2	4
7	1	3	5
8	2	4	6

水 āpo, 火 tejo, 風 vāyo, 棕 nīla, 黃 pīta, 紅 lohita,
白 odāta →…… (以同樣方法做 in the same way)

【8】 跳遍 kasiṇukkantika or kasiṇa-ukkantika (skipping kasiṇas)

- 先做地、火、棕、紅 (各只入初禪)，然後水、風、黃、白……直到白、水、風、黃 (各只入初禪)。
- 再從頭開始：地、火、棕、紅 (不經初禪，直接入第二禪)，水、風、黃、白……直到白、水、風、黃 (直接入第二禪)。
- 再從頭開始：地、火 (直接入第三禪)……直到做完八定。
- First, practise to enter only the 1st jhāna from the earth, fire, brown to red kasiṇa, then from the water, wind, yellow, to white kasiṇa... until you practise from the white, water, wind, to yellow kasiṇa.
- Again practise from the earth, fire, brown to red kasiṇa, but enter the 2nd jhāna directly.
- Then practise from the earth, fire, brown to red kasiṇa, but enter the 3rd jhāna directly... Practise in this way, until you finish all the 8 attainments.

地 pathavī	火 tejo	棕 nīla	紅 lohita
水 āpo	風 vāyo	黃 pīta	白 odāta
火 tejo	棕 nīla	紅 lohita	地 pathavī
風 vāyo	黃 pīta	白 odāta	水 āpo
棕 nīla	紅 lohita	地 pathavī	火 tejo
黃 pīta	白 odāta	水 āpo	風 vāyo
紅 lohita	地 pathavī	火 tejo	棕 nīla
白 odāta	水 āpo	風 vāyo	黃 pīta

【 9 】 跳 禪 與 遍 jhānakasiṇukkantika or jhāna-kasiṇa-ukkantika (skipping jhānas and kasiṇas)

- 先做第①種次序，從縱向的第一行開始：地遍入初禪、火遍直接入第三禪、棕遍入空無邊處定、紅遍入無所有處定……直到白遍入無所有處定。
- 然後做縱向的第二行：地遍直接入第二禪、火遍入第四禪……直到白遍入非想非非想處定。
- 然後做第三行……直到做完全部八行。
- 以同樣的方式，做第②種次序……直到完成第⑧種次序。
- Practise ①, the first sequence of kasiṇas, according to the first column: First, enter the 1st jhāna of the earth kasiṇa, then the 3rd jhāna of the fire kasiṇa, the ākāsānañcāyatana jhāna of the brown kasiṇa, the ākiñcaññāyatana jhāna of the red kasiṇa... until the ākiñcaññāyatana jhāna of the white kasiṇa.
- Then practise according to the second column: First, enter the 2nd jhāna of the earth kasiṇa, then the 4th jhāna of the fire kasiṇa... until the nevasaññānāsaññāyatana jhāna of the white kasiṇa.
- Then practise according to the third column... until you finish all the eight columns.
- In the same way, practise ②, the second sequence of kasiṇas... until you finish ⑧, the eighth sequence of kasiṇas,.

①

地 pathavī	1	2	3	4	5	6	7	8
火 tejo	3	4	5	6	7	8	1	2
棕 nīla	5	6	7	8	1	2	3	4
紅 lohita	7	8	1	2	3	4	5	6
水 āpo	1	2	3	4	5	6	7	8
風 vāyo	3	4	5	6	7	8	1	2
黃 pīta	5	6	7	8	1	2	3	4
白 odāta	7	8	1	2	3	4	5	6

②

②	③	④	⑤	⑥	⑦	⑧
水 āpo	火 tejo	風 vāyo	棕 nīla	黃 pīta	紅 lohita	白 odāta
風 vāyo	棕 nīla	黃 pīta	紅 lohita	白 odāta	地 pathavī	水 āpo
黃 pīta	紅 lohita	白 odāta	地 pathavī	水 āpo	火 tejo	風 vāyo
白 odāta	地 pathavī	水 āpo	火 tejo	風 vāyo	棕 nīla	黃 pīta
火 tejo	風 vāyo	棕 nīla	黃 pīta	紅 lohita	白 odāta	地 pathavī
棕 nīla	黃 pīta	紅 lohita	白 odāta	地 pathavī	水 āpo	火 tejo
紅 lohita	白 odāta	地 pathavī	水 āpo	火 tejo	風 vāyo	棕 nīla
地 pathavī	水 āpo	火 tejo	風 vāyo	棕 nīla	黃 pīta	紅 lohita

【10】超支 aṅgasaṅkantika (transposition of factors)

- 修地遍入初禪，從初禪出定後觀察其禪支；再入第二禪，從第二禪出定後觀察其禪支；再入第三禪……直到從非想非非想處定出定後觀察其禪支。
- 水遍乃至白遍也同樣如此做，從每個禪定出定後皆觀察禪支。
- Practise the earth kasiṇa to enter the 1st jhāna. After emerging from it, observe its jhāna factors. Then enter the 2nd jhāna. After emerging from it, observe its jhāna factors. Then enter the 3rd jhāna... until you finish all the 8 attainments.
- You should practise in the same way from the water kasiṇa to the white kasiṇa. You should observe the jhāna factors of every jhāna.

地 pathavī → 1~8
 水 āpo → 1~8
 火 tejo → 1~8
 風 vāyo → 1~8
 棕 nīla → 1~8
 黃 pīta → 1~8
 紅 lohita → 1~8
 白 odāta → 1~8

【11】超所緣 ārammaṇa saṅkantika (transposition of object)

- 每個遍都只入初禪，直到八個遍做完。然後每個遍都只入第二禪，直到八個遍做完。然後每個遍都只入第三禪……直到做完所有八種定。
- Practise every kasiṇa to enter only the 1st jhāna. Then practise them to enter only the 2nd jhāna. Then practise them to enter only the 3rd jhāna... until you finish all the 8 attainments.

地 pathavī	1	2	3	4	5	6	7	8
水 āpo	1	2	3	4	5	6	7	8
火 tejo	1	2	3	4	5	6	7	8
風 vāyo	1	2	3	4	5	6	7	8
棕 nīla	1	2	3	4	5	6	7	8
黃 pīta	1	2	3	4	5	6	7	8
紅 lohita	1	2	3	4	5	6	7	8
白 odāta	1	2	3	4	5	6	7	8

【12】 超支與所緣 aṅgārammaṇa saṅkantika (transposition of factors and object)

- 依縱向第一行：地遍入初禪、水遍入第二禪、火遍入第三禪……直到白遍入非想非非想處定。
- 再依第二行：地遍入第二禪、水遍入第三禪……白遍入初禪。
- 再依第三行……直到修完所有八行。
- Practise according to the first column from the 1st jhāna of the earth kasiṇa, the 2nd jhāna of the water kasiṇa, the 3rd jhāna of the fire kasiṇa... until the nevasaññānāsaññāyatana jhāna of the white kasiṇa.
- Then practise according to the second column from the 2nd jhāna of the earth kasiṇa, the 3rd jhāna of the water kasiṇa... until the 1st jhāna of the white kasiṇa.
- Then practise according to the third column... until you finish all the eight columns.

地 pathavī	1	2	3	4	5	6	7	8
水 āpo	2	3	4	5	6	7	8	1
火 tejo	3	4	5	6	7	8	1	2
風 vāyo	4	5	6	7	8	1	2	3
棕 nīla	5	6	7	8	1	2	3	4
黃 pīta	6	7	8	1	2	3	4	5
紅 lohita	7	8	1	2	3	4	5	6
白 odāta	8	1	2	3	4	5	6	7

【13】 支的確定 aṅgavavatthāpana or aṅgavavatthāpana (definition of factors)

- 修地遍入初禪，出定後確定其禪支有多少個。再入第二禪，出定後確定其禪支有多少個……直到從非想非非想處定出定後，確定其禪支有多少個。
- 其餘的水遍乃至白遍也以同樣的方法確定其禪支。
- Practise the earth kasiṇa to enter the 1st jhāna. After emerging from it, confirm how many jhāna factors it has. Then practise in the same way the 2nd jhāna... until after emerging from the nevasaññānāsaññāyatana jhāna, confirm how many jhāna factors it has.
- The jhāna factors of various jhānas of the remaining kasiṇas should be confirmed in the same way.

地 pathavī	→	1~8
水 āpo	→	1~8
火 tejo	→	1~8
風 vāyo	→	1~8
棕 nīla	→	1~8
黃 pīta	→	1~8
紅 lohita	→	1~8
白 odāta	→	1~8

【14】 所緣的確定 ārammaṇa vavatthāpana or ārammaṇa vavaṭṭhāpana (definition of object)

- 修地遍入初禪，出定後確定其所緣為地遍；再入第二禪，出定後確定其所緣為地遍；再入第三禪……乃至從第四禪出定後確定其所緣為地遍；再除去地遍禪相而入空無邊處定，出定後確定其所緣為無邊虛空；再入識無邊處定，出定後確定其所緣為空無邊處禪心；再入無所有處定，出定後確定其所緣為空無邊處禪心的不存在；再入非想非非想處定，出定後確定其所緣為無所有處禪心。
- 其餘的水遍乃至白遍也以同樣的方法確定其所緣。
- Practise the earth kasiṇa to enter the 1st jhāna, and after emerging from it confirm that its object is the earth kasiṇa. Then enter the 2nd jhāna and after emerging from it confirm that its object is the earth kasiṇa... until after emerging from the 4th jhāna, confirm that its object is the earth kasiṇa. Then enter the ākāsānañcāyatana jhāna by removing the earth kasiṇa. After emerging from it, confirm that its object is the infinite space. Then enter the viññāṇañcāyatana jhāna. After emerging from it, confirm that its object is the ākāsānañcāyatana jhāna citta. Then enter the ākiñcaññāyatana jhāna. After emerging from it, confirm that its object is the absence of the ākāsānañcāyatana jhāna citta. Then enter the nevasaññānāsaññāyatana jhāna. After emerging from it, confirm that its object is the ākiñcaññāyatana jhāna citta.

- The objects of various jhānas of the remaining kasiṇas should be confirmed in the same way.

地 pathavī	→	1~8
水 āpo	→	1~8
火 tejo	→	1~8
風 vāyo	→	1~8
棕 nīla	→	1~8
黃 pīta	→	1~8
紅 lohita	→	1~8
白 odāta	→	1~8