

## 十四種御心法 . 14 ways of complete control of mind

### 【1】 順遍 kasina anuloma ( in the forward order of kasinas )

- 依次序每個遍練習 1 ~ 8 ( 強調在遍的次序 )
- For every kasina, practise from the 1<sup>st</sup> to the 8<sup>th</sup> attainment.  
( emphasize on the sequence of kasinas )

地 pathavi (earth) → 1 ~ 8

水 apo (water) → 1 ~ 8

火 tejo (fire) → 1 ~ 8

風 vayo (wind) → 1 ~ 8

棕 nila (brown) → 1 ~ 8

黃 pita (yellow) → 1 ~ 8

紅 lohita (red) → 1 ~ 8

白 odata (white) → 1 ~ 8

※ 1 = 初禪 the 1<sup>st</sup> jhana

2 = 第二禪 the 2<sup>nd</sup> jhana

3 = 第三禪 the 3<sup>rd</sup> jhana

4 = 第四禪 the 4<sup>th</sup> jhana

5 = 空無邊處定 akasanabcaayatana jhana

6 = 識無邊處定 vibbanabcaayatana jhana

7 = 無所有處定 akibcabbayatana jhana

8 = 非想非非想處定 nevasabbanasabbayatana jhana

### 【2】 逆遍 kasina patiloma ( in the reverse order

## of kasinas )

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

白 odata → 1～8

紅 lohita → 1～8

黃 pita → 1～8

棕 nila → 1～8

風 vayo → 1～8

火 tejo → 1～8

水 apo → 1～8

地 pathavi → 1～8

### 【3】 順逆遍 kasina anuloma patiloma ( in the forward and reverse orders of kasinas )

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

① 地 pathavi → 1~8

水 apo → 1~8

火 tejo → 1~8

風 vayo → 1~8

棕 nila → 1~8

黃 pita → 1~8

紅 lohita → 1~8

白 odata → 1~8

② 白 odata → 1~8

紅 lohita → 1~8

黃 pita → 1~8

棕 nila → 1~8

風 vayo → 1~8

火 tejo → 1~8

水 apo → 1~8

地 pathavi → 1~

8

### 【4】 順禪 jhana anuloma ( in the forward order of jhanas )

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

地 pathavi → 1~8

水 apo → 1~8

火 tejo → 1 ~ 8

風 vayo → 1 ~ 8

棕 nila → 1 ~ 8

黃 pita → 1 ~ 8

紅 lohita → 1 ~ 8

白 odata → 1 ~ 8

## 【5】 逆禪 jhana patiloma ( in the reverse order of jhanas )

- 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 kasina to enter from the 8<sup>th</sup> to the 1<sup>st</sup> attainment.  
If it is difficult to do so, you should first practise it to enter from the 1<sup>st</sup> to the 8<sup>th</sup> attainment, then enter from the 8<sup>th</sup> to the 1<sup>st</sup> attainment.
- Practise the water kasina to enter from the 8<sup>th</sup> to the 1<sup>st</sup> attainment.  
If it is difficult to do so, you should first practise it to enter from the 1<sup>st</sup> to the 8<sup>th</sup> attainment, then enter from the 8<sup>th</sup> to the 1<sup>st</sup> attainment.
- The remaining kasinas should be practised in the same way.

地 pathavi → 8~1

水 apo → 8~1

火 tejo → 8~1

風 vayo → 8~1

棕 nila → 8~1

黃 pita → 8~1

紅 lohita → 8~1

白 odata → 8~1

## 【6】 順逆禪 jhana anuloma patiloma ( in the forward and reverse orders of jhanas )

- 每個遍做 1~8，再做 8~1。
- Practise every kasina to enter from the 1<sup>st</sup> to the 8<sup>th</sup> attainment, then from the 8<sup>th</sup> to the 1<sup>st</sup> attainment.

地 pathavi → 1~8, 8~1

水 apo → 1~8, 8~1

火 tejo → 1~8, 8~1

風 vayo → 1~8, 8~1

棕 nila → 1~8, 8~1

黃 pita → 1~8, 8~1

紅 lohita → 1~8, 8~1

白 odata → 1~8, 8~1

## 【7】 跳禪 jhanukkantika or jhana-ukkantika ( skipping jhanas )

- 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 kasina to enter the 1<sup>st</sup>, 3<sup>rd</sup>, 5<sup>th</sup> and 7<sup>th</sup> attainments, then the 2<sup>nd</sup>, 4<sup>th</sup>, 6<sup>th</sup> and 8<sup>th</sup> attainments... until the 8<sup>th</sup>, 2<sup>nd</sup>, 4<sup>th</sup> and 6<sup>th</sup> attainments.
- The remaining kasinas should be practised in the same way.

地 pathavi	→	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 apo, 火 tejo, 風 vayo, 棕 nila, 黃 pita, 紅 lohita,

白 odata →..... ( 以同樣方法做 in the same way )

## 【8】 跳遍 kasinukkantika or kasina-ukkantika ( skipping kasinas )

- 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 1<sup>st</sup> jhana from the earth, fire, brown to red kasina, then from the water, wind, yellow, to white kasina... until you practise from the white, water, wind, to yellow

kasina.

- Again practise from the earth, fire, brown to red kasina, but enter the 2<sup>nd</sup> jhana directly.
- Then practise from the earth, fire, brown to red kasina, but enter the 3<sup>rd</sup> jhana directly... Practise in this way, until you finish all the 8 attainments.

地 pathavi	火 tejo	棕 nila	紅 lohita
水 apo	風 vayo	黃 pita	白 odata
火 tejo	棕 nila	紅 lohita	地 pathavi
風 vayo	黃 pita	白 odata	水 apo
棕 nila	紅 lohita	地 pathavi	火 tejo
黃 pita	白 odata	水 apo	風 vayo
紅 lohita	地 pathavi	火 tejo	棕 nila
白 odata	水 apo	風 vayo	黃 pita

## 【 9 】 跳禪與遍 jhanakasinukkantika or jhana-kasina-ukkantika ( skipping jhanas and kasinas )

- 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 kasinas, according to the first column: First, enter the 1<sup>st</sup> jhana of the earth kasina, then the 3<sup>rd</sup> jhana of the fire kasina, the akasanabbcayatana jhana of the brown kasina, the akibcabbayatana jhana of the red kasina... until the akibcabbayatana jhana of the white kasina.



- Then practise according to the second column: First, enter the 2<sup>nd</sup> jhana of the earth kasina, then the 4<sup>th</sup> jhana of the fire kasina... until the nevasabbanasabbayatana jhana of the white kasina.
- Then practise according to the third column... until you finish all the eight columns.
- In the same way, practise ②, the second sequence of kasinas... until you finish ⑧, the eighth sequence of kasinas,.

①

地 pathavi	1	2	3	4	5	6	7	8
火 tejo	3	4	5	6	7	8	1	2
棕 nila	5	6	7	8	1	2	3	4
紅 lohita	7	8	1	2	3	4	5	6
水 apo	1	2	3	4	5	6	7	8
風 vayo	3	4	5	6	7	8	1	2
黃 pita	5	6	7	8	1	2	3	4

白 odata	7	8	1	2	3	4	5	6
②	③	④	⑤	⑥	⑦	⑧		
水 apo	火 tejo	風 vayo	棕 nila	黃 pita	紅 lohita	白 odata		
風 vayo	棕 nila	黃 pita	紅 lohita	白 odata	地 pathavi			水 apo
黃 pita	紅 lohita	白 odata	地 pathavi		水 apo	火 tejo		風 vayo
白 odata	地 pathavi		水 apo	火 tejo	風 vayo	棕 nila		黃 pita
火 tejo	風 vayo	棕 nila	黃 pita	紅 lohita	白 odata	地 pathavi		
棕 nila	黃 pita	紅 lohita	白 odata	地 pathavi		水 apo		火 tejo
紅 lohita	白 odata	地 pathavi		水 apo	火 tejo	風 vayo		棕 nila
地 pathavi		水 apo	火 tejo	風 vayo	棕 nila	黃 pita		紅 lohita

## 【10】超支 avgasavkantika (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 kasina to enter the 1<sup>st</sup> jhana. After emerging from it, observe its jhana factors. Then enter the 2<sup>nd</sup> jhana. After emerging from it, observe its jhana factors. Then enter the 3<sup>rd</sup> jhana... until you finish all the 8 attainments.
- You should practise in the same way from the water kasina to the white kasina. You should observe the jhana factors of every jhana.

地 pathavi → 1 ~ 8

水 apo → 1 ~ 8

火 tejo → 1 ~ 8

風 vayo → 1 ~ 8

棕 nila → 1 ~ 8

黃 pita → 1 ~ 8

紅 lohita → 1 ~ 8

白 odata → 1 ~ 8

## 【11】超所緣 arammana savkantika (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 kasina to enter only the 1<sup>st</sup> jhana. Then practise

them to enter only the 2<sup>nd</sup> jhana. Then practise them to enter only the 3<sup>rd</sup> jhana... until you finish all the 8 attainments.

地 pathavi	1	2	3	4	5	6	7	8
水 apo	1	2	3	4	5	6	7	8
火 tejo	1	2	3	4	5	6	7	8
風 vayo	1	2	3	4	5	6	7	8
棕 nila	1	2	3	4	5	6	7	8
黃 pita	1	2	3	4	5	6	7	8
紅 lohita	1	2	3	4	5	6	7	8
白 odata	1	2	3	4	5	6	7	8

## 【12】 超支與所緣 *avgarammana savkantika* (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 1<sup>st</sup> jhana of the earth kasina, the 2<sup>nd</sup> jhana of the water kasina, the 3<sup>rd</sup> jhana of the fire kasina... until the nevasabbanasabbayatana jhana of the white kasina.
- Then practise according to the second column from the 2<sup>nd</sup> jhana of the earth kasina, the 3<sup>rd</sup> jhana of the water kasina... until the 1<sup>st</sup> jhana of the white kasina.
- Then practise according to the third column... until you finish all the eight columns.

地 pathavi    1    2    3    4    5    6    7    8

水 apo	2	3	4	5	6	7	8	1
火 tejo	3	4	5	6	7	8	1	2
風 vayo	4	5	6	7	8	1	2	3
棕 nila	5	6	7	8	1	2	3	4
黃 pita	6	7	8	1	2	3	4	5
紅 lohita	7	8	1	2	3	4	5	6
白 odata	8	1	2	3	4	5	6	7

## 【13】 支的確定 *avgavavatthapana or avgavavatthapana* (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 kasina to enter the 1<sup>st</sup> jhana. After emerging from it, confirm how many jhana factors it has. Then practise in the same way the 2<sup>nd</sup> jhana... until after emerging from the nevasabbanasabbayatana jhana, confirm how many jhana factors it has.
- The jhana factors of various jhanas of the remaining kasinas should be confirmed in the same way.

地 pathavi → 1 ~ 8

水 apo → 1 ~ 8

火 tejo → 1 ~ 8

風 vayo → 1 ~ 8

棕 nila → 1 ~ 8

黃 pita → 1 ~ 8

紅 lohita → 1 ~ 8

白 odata → 1 ~ 8

## 【14】 所緣的確定 arammana vavatthapana or arammana vavatthapana (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 kasina to enter the 1<sup>st</sup> jhana, and after emerging from it confirm that its object is the earth kasina. Then enter the 2<sup>nd</sup> jhana and after emerging from it confirm that its object is the earth kasina... until after emerging from the 4<sup>th</sup> jhana, confirm

that its object is the earth kasina. Then enter the akasanabcayatana jhana by removing the earth kasina. After emerging from it, confirm that its object is the infinite space. Then enter the vibbanabcayatana jhana. After emerging from it, confirm that its object is the akasanabcayatana jhana citta. Then enter the akibcabbayatana jhana. After emerging from it, confirm that its object is the absence of the akasanabcayatana jhana citta. Then enter the nevasabbanasabbayatana jhana. After emerging from it, confirm that its object is the akibcabbayatana jhana citta.

- The objects of various jhanas of the remaining kasinas should be confirmed in the same way.

地 pathavi	→	1 ~ 8
水 apo	→	1 ~ 8
火 tejo	→	1 ~ 8
風 vayo	→	1 ~ 8
棕 nila	→	1 ~ 8
黃 pita	→	1 ~ 8

紅 lohita → 1 ~ 8

白 odata → 1 ~ 8