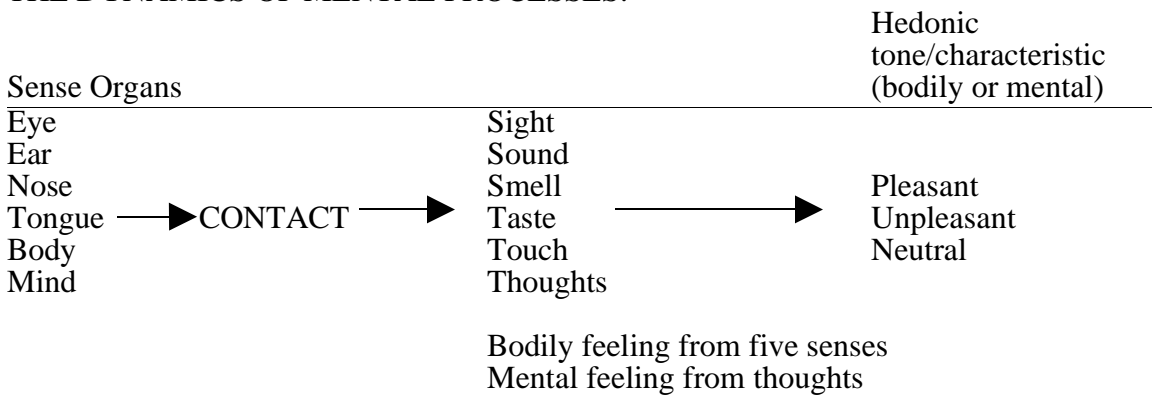
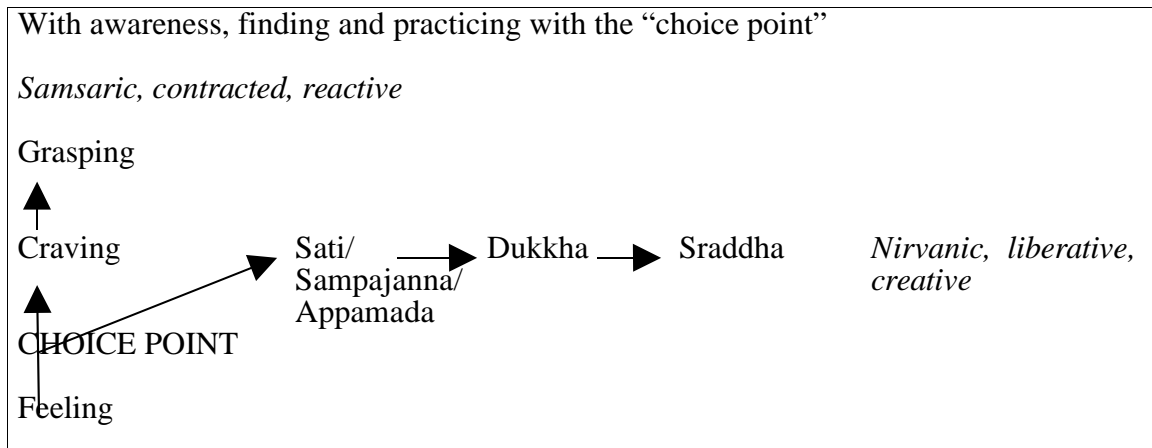
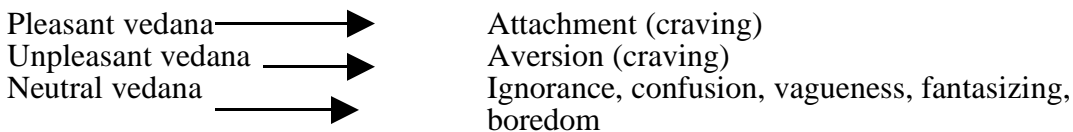


7th and 8th Contemplations of the Feelings (*Vedana*) Tetrad

THE DYNAMICS OF MENTAL PROCESSES:



Tendency without awareness for a chain reaction:



Sampajanna (Sanskrit, samprajanya) – clear comprehension, to understand so we can respond skillfully

Appamada (Sanskrit, apramada) – non-heedlessness, not letting our karmic patterns get further entrenched, seizing the opportunity for freedom¹

¹ See Subhuti’s article on mindfulness in the Spring 2003 Madhayamavani for more on sampajanna and appamada