

Five Faults related to shamatha meditation:

- laziness
- forgetfulness or forgetting the object of focus
- dullness and agitation or laxity and excitement
- non-application or not applying the antidote due to being too relaxed
- over-application or applying the antidote again and again because one is too tightly focussed and not content simply to rest.

The antidotes to these are known as the eight applications.

- Antidote to laziness

Pliancy

“Pliancy is the joy that develops or occurs as a result of shamatha meditation. In Theravada practice it is piti-sukkhā. Pliancy is also translated as mental suppleness, being the balance, the harmony, the equanimity that is supported by perfect inner calmness and relaxation.

- Enthusiasm
- Aspiration
- Faith

In general the antidote to laziness is interest. When we are interested, we put our time and energy into the task. Faith and aspiration support the enthusiasm or interest in meditation practice and they in turn increase as our practice deepens

Antidote to forgetfulness

- Mindfulness

non-discursive stability

strength of clarity

clarity of the mind, results in clarity of the object

Antidote to dullness and agitation

- Vigilance (along with mindfulness)

dullness or laxity is diminished clarity

vigilance means being constantly on guard not to go into either extreme

Antidote to non-application

- Application of various remedies

Antidote to over-application

- Equanimity