

1. in/out
2. long/short
3. experiencing body
4. calming body

form 色

5. experiencing joy
6. experiencing bliss
7. experiencing mental formations
8. calming mental formations

feelings 受

9. experiencing mind
10. gladdening mind
11. concentrating mind
12. liberating mind

mental formations
行

13. contemplating impermanence
14. contemplating non-craving
15. contemplating nirvana
16. contemplating letting-go

perceptions 想