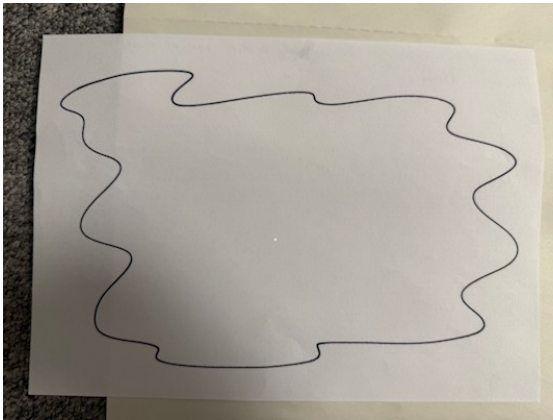




A still, clear pool of water – undisturbed, can see right through to the bottom, nothing in the way, peaceful...

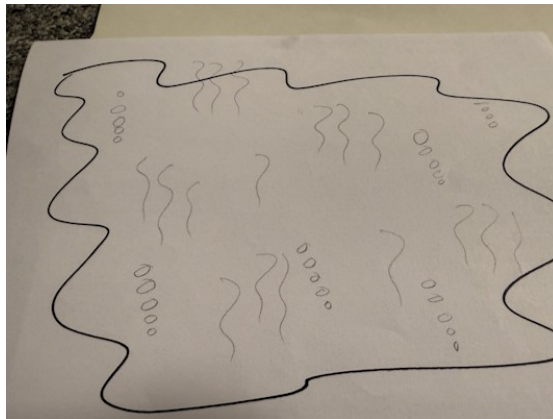
**...how we would *like* our mind to be when we settle down to meditate**



Full of brightly coloured dyes, aluring, attractive, fascinating...

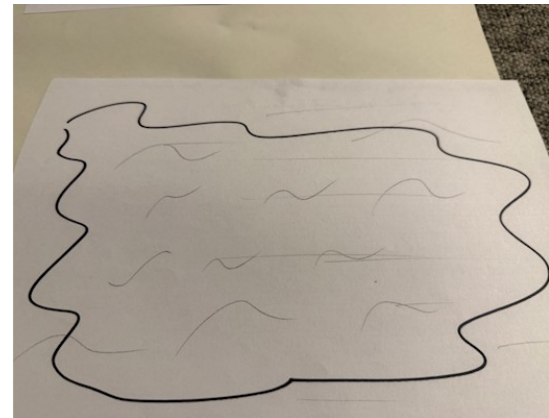
**... the desire for sense experience.**

The mind wants to think about *anything* else but the breath or metta



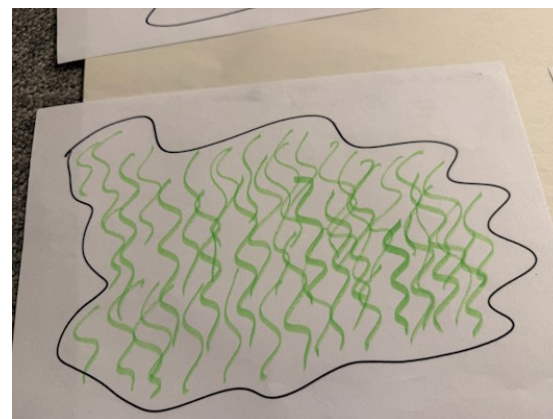
Something is simmering up, bubbling up from below, boiling, steaming...

**...ill-will, hatred**



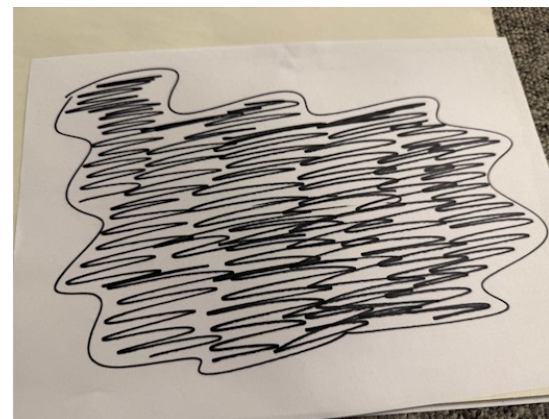
Waves whipped up by the wind, choppy, unsettled...

**...restlessness and anxiety**



Stagnant, choked with weeds and muck, can't move through it...

**...sloth (bodily tiredness) and torpor (mental tiredness)**



Clouded with dark material, mud or black dye, heavy...

**...doubt and indecision**