

<b>Title</b>	<b>Description</b>	<b>Author</b>	<b>Source</b>	<b>Page #</b>
9 situations where you should freeze	Ignorant liking; ignorant disliking; pride; conceit; criticizing; deceiving other; praising yourself; putting down others; scolding	GMR	ACI X Class 9 Student Notes	23
9 stages of meditation	Putting the mind on the object; keeping the mind on the object with brief continuity; keeping the mind on the object with patches where you lose the object; maintain mind tightly on the object; controlling the mind; quieting the mind; completely quiet the mind; it gaining single pointedness; reaching deep meditation	GMR, KTR	ACI III Class 7 Student Notes; Reading 5-6; Reading 7	11-12; 46-54; 56-63