

[New Sub Commentary]:

The 6 things to be developed for abandoning sensual desire are:

1. Learning the sign of the unattractive (i.e. the repulsive nature of the body)
 2. Application to meditation on the unattractive
 3. Guarding the doors of the sense faculties
 4. Moderation in eating
 5. Noble Friends & 6. Noble Conversations
- (Also seeing the defects in whatever you are wanting)

The 6 things to be developed for abandoning hatred and ill will are:

1. Learning the sign of loving-kindness
2. Application to meditation on loving-kindness
3. Reflection on the ownership of action
4. Abundance of wise reflection
5. Noble Friends & 6. Noble Conversations

The 6 things to be developed for abandoning sloth & torpor are:

1. Recognizing that overeating is the basis (of sloth & torpor)
2. Changing the postures
3. Attention to the perception of light
4. Living in the open air
5. Noble Friends & 6. Noble Conversations

The 6 things to be developed for abandoning restlessness & worry are:

1. Much learning
2. Interrogation
3. Skill in the Vinaya
4. Associating with senior monks
5. Noble Friends & 6. Noble Conversations

The 6 things to be developed for abandoning skeptical doubt are:

1. Much learning
2. Interrogation
3. Skill in the Vinaya
4. Resolution
5. Noble Friends & 6. Noble Conversations

[/New Sub Commentary]

