



“MONKS, THESE SEVEN PERCEPTIONS, WHEN DEVELOPED & PURSUED, ARE OF GREAT FRUIT, OF GREAT BENEFIT. THEY GAIN A FOOTING IN THE DEATHLESS, HAVE THE DEATHLESS AS THEIR FINAL END. WHICH SEVEN?” – AN 7.46



7 PERCEPTIONS	BENEFITS	WAYS OF PRACTICE
The perception of Foulness	Mind shrinks away from sexual acts, bends away, pulls back, and is not drawn in; either equanimity or loathing takes a stance.	Contemplate the impurity of the 32 parts of the body: Reflect on this very body, encased by skin, as full of various kinds of impurity, such as head hairs, body hairs, nails, teeth, skin, flesh, tendons, bones, bone marrow, kidneys, heart, liver, pleura, spleen, lungs, large intestines, small intestines, gorge, feces, brain, bile, phlegm, pus, blood, sweat, fat, tears, skin-oil, saliva, mucus, fluid in the joints, and urine.
The perception of Death	Mind shrinks away from fervor for life. Disenchantment with all kinds of becoming develops. One is constantly diligent. There are no stains of avarice about one's property. The perception of impermanence grows and one dies undeluded and fearless.	Look around and notice beings who were formerly seen enjoying life but are dead now. Then arouse a sense of urgency by reflecting: "Uncertain is life, certain is death"; "I might die at any moment"; "Death will take place."
The perception of Loathsomeness of Food	Mind shrinks away from craving for flavors; either equanimity or loathing takes a stance.	Reflect on the repulsiveness of food that has been eaten — food smeared with saliva; chewed food that has been vomited; undigested food that is being excreted with a foul smell, etc.
The perception of Disenchantment with the whole world	Mind shrinks away from worldly embellishments or thoughts, and is not drawn in; either equanimity or loathing takes a stance.	Contemplate the impermanence, fault, and danger inherent in the five aggregates, both internally and externally; generate disgust toward all formations by understanding that any delight in the world becomes an impediment to progress on the path.
The perception of Impermanence	Mind shrinks away from gains, offerings, & fame.	Contemplate impermanence in whatever arises.
The perception of Suffering in what is impermanent	Mind establishes a fierce perception of danger & fear towards idleness, heedlessness, lack of commitment, & lack of reflection, as it would towards a murderer with an upraised sword.	Contemplate the oppression inherent in the constant arising and passing away of all formations.
The perception of Non-self in what is suffering	Mind is devoid of I-making & Mine-making internally with regard to this body and mind and externally with regard to all themes; it has transcended pride and is well-released.	Contemplate cause and effect; contemplate that the arising of formations is beyond one's control.