

1. Citta is Heart / Mind. Or Mental States. Being mindful of those is being aware of the way our mind responds to our experience. In the Satipatthana Sutta, the Buddha lists qualities of mind that the practitioner needs to be aware of - whether their consciousness is:

with lust,	without lust,
with hate,	without hate,
with ignorance,	without ignorance,
shrunken,	distracted,
developed,	undeveloped,
a state with another mental state superior to it,	
a state with nothing higher,	
a concentrated state,	an unconcentrated state,
a freed state,	an unfreed state.

We can think of this list as not exhaustive but representing all the possible states of mind, and that it is possible for ones mind to be in a shrunken state like Scrooge's - all curled up around contemplating ones money - or in an absent-minded state, a god-like in-control state, a state eaten up by hatred, or warmed up by love. Awareness of ones state of mind is important because of its karmic consequences for the future.

2. Our state of mind is very likely to be influenced strongly by how or what we are feeling. But if we are conscious we are more likely to catch our feelings - about which we have no choice - unconsciously becoming our states of mind - about which we *do* have a choice. A heavy feeling turning into a state of being depressed; a painful feeling turning into anger, an empty feeling turning into apathy. By realising we **always have a choice** we can choose different responses - compassion or patience for instance.

3. Meditation - also known as citta bhavana - is the main place where we can really practice choosing and refining states of mind - in three areas: awareness, metta and insight - to change respectively mind / consciousness, heart / attitude and embodied understanding. If we can develop these areas our Heart / Mind will become aware, sensitive and robust.

Homework: Do your normal daily meditation but spend 15 minutes before the practice reflecting on these notes, especially on how mental states are conditioned, and then try to put your reflections into practice in the meditation