

CONTENTS

	page
<i>Tables</i>	iv
<i>Contents in Detail</i>	v
<i>Foreword (First Edition)</i>	xi
Introduction (Revised Edition)	1
1: How You Develop Mindfulness-of-Breathing to Absorption	29
Questions and Answers 1	49
2: How You Develop Absorption on Other Subjects	57
Questions and Answers 2	71
3: How You Develop the Sublime Abidings and Protective Meditations	81
Questions and Answers 3	95
4: How You Discern Materiality	107
Questions and Answers 4	141
5: How You Discern Mentality	159
Questions and Answers 5	173
6: How You See the Links of Dependent Origination	183
Questions and Answers 6	195
7: How You Develop the Vipassanā Knowledges to See Nibbāna	209
Questions and Answers 7	227
8: The Buddha’s Wishes for His Disciples and His Teachings	241
9: The Most Superior Type of Offering	255
<i>The Forty Meditation-Subjects</i>	273
<i>Editorial Notes</i>	275
<i>Bibliographical Abbreviations</i>	281
<i>Appendix 1: Glossary of Untranslated Pali Terms</i>	283
<i>Appendix 2: Contact Addresses</i>	287
<i>Index of Questions from Yogis</i>	291
<i>Main Index</i>	297

TABLES

	page
THE MENTAL PROCESSES	
1a: The Jhāna-Attainment Process	44
1b: The Mind-Door Process	164
1c: The Five-Door Process	168
1d: Death and Rebirth	188
MATERIALITY	
2a: The Twenty-Eight Types of Materiality	137
2b: The Basic Types of Materiality of the Eye	138
2c: The Basic Types of Materiality of the Body	139
2d: The Basic Types of Materiality of the Heart	140
DEPENDENT ORIGINATION	
3a: Dependent Origination from Life to Life	192

CONTENTS
(in Detail)

	<u>page</u>
Introduction.....	1
The Buddha's Dispensation.....	1
What Needs to be Fully Realized.....	2
The First and Second Noble Truth.....	3
Knowing and Seeing the First Noble Truth.....	9
How You Know and See the First and Second Noble Truth.....	12
You Develop Concentration.....	12
" Develop the Light of Wisdom.....	13
" Protect Your Concentration.....	14
" Penetrate to Ultimate Reality.....	15
Penetrating to Ultimate Materiality.....	15
—"—" Ultimate Mentality.....	16
The Three Purifications.....	20
Knowing and Seeing the Second and Third Noble Truth.....	20
How You Know and See the Third Noble Truth.....	22
You Know and See Dependent Origination.....	24
" Practise Vipassanā.....	26
" Know and See the Unformed.....	27
" Fully Realize the Four Noble Truths.....	28
1: How You Develop Mindfulness-of-Breathing to Absorption.....	29
Introduction.....	29
Why Meditate?.....	29
What is Meditation?.....	29
The Noble Eightfold Path.....	30
How You Develop Concentration.....	32
How You Develop Mindfulness-of-Breathing.....	33
The Nimitta.....	37
How You Balance the Five Controlling Faculties.....	39
—"—" Seven Enlightenment-Factors.....	42
How You Attain Jhāna.....	43
Table 1a: The Jhāna-Attainment Process.....	44
Questions and Answers 1 ¹	49
2: How You Develop Absorption on Other Subjects.....	57
How You Develop the Thirty-Two Parts of the Body.....	57
The Three Entrances to Nibbāna.....	58
How You Develop Skeleton Meditation.....	59

¹ See index of questions from yogis, p.291.

—"—	the Ten Kaṣiṇas	61
The Colour Kaṣiṇas		61
How You Develop the White Kaṣiṇa		62
—"—	Remaining Colour Kaṣiṇas	64
How You Develop the Earth Kaṣiṇa		64
—"—	Water Kaṣiṇa	65
—"—	Fire Kaṣiṇa	65
—"—	Wind Kaṣiṇa	65
—"—	Light Kaṣiṇa	66
—"—	Space Kaṣiṇa	66
The Four Immaterial Jhānas		66
How You Develop the Base of Boundless Space		66
—"—	Base of Boundless Consciousness	67
—"—	Base of Nothingness	68
—"—	Base of Neither-Perception- nor-Non-Perception	68
Questions and Answers 2 ²		71
3: How You Develop the Sublime Abidings and Protective Meditations		81
Introduction		81
How You Develop Loving-Kindness		81
Introduction		81
How You Develop Loving-Kindness Person by Person		83
—"—	Break Down the Barriers	85
The Twenty-Two Categories		85
How You Develop the Unspecified and Specified		86
—"—	Ten Directional Categories	87
How You Develop Compassion		88
—"—	Sympathetic Joy	89
—"—	Equanimity	89
—"—	The Four Protective Meditations	90
How You Develop Buddha Recollection		90
—"—	Foulness Meditation	92
—"—	Death Recollection	92
Summary		93
Questions and Answers 3 ²		95
4: How You Discern Materiality		107
Introduction		107
Three Types of Rūpa-Kalāpa		108
The Materiality of the Three Types of Rūpa-Kalāpa		108
The Four Origins of Materiality		110

² See index of questions from yogis, p.291.

Kamma-Born Materiality	111
Temperature- —" —	113
Consciousness- —" —	112
Nutriments- —" —	114
The Beginning of Vipassanā	115
How You Develop Four-Elements Meditation	116
How You See the Twelve Characteristics	117
The Ten Ways to Develop Your Concentration	120
How You See Ultimate Materiality	122
Seeing the Body Translucency as One Block	122
How You See the Rūpa-kalāpas	122
(Benefits of Concentration)	123
Translucent and Untranslucent Rūpa-kalāpas	123
How You Analyse the Rūpa-kalāpas	124
How You See the Four Elements	124
—" — Colour	126
—" — Odour	126
—" — Flavour	127
—" — Nutritive Essence	127
—" — Life Faculty and Sex Materiality	127
—" — Heart Materiality	127
How You Analyse Each Sense Organ	129
How You Analyse the Translucencies	129
How You Analyse Sex Materiality	130
The Fifty-Four Types of Materiality of the Eye	130
How You See Consciousness-Born Materiality	132
—" — Temperature- —" —	132
—" — Nutriments- —" —	133
Summary	135
Table 2a: The Twenty-Eight Types of Materiality	137
Table 2b: The Basic Types of Materiality of the Eye	138
Table 2c: The Basic Types of Materiality of the Body	139
Table 2d: The Basic Types of Materiality of the Heart	140
Questions and Answers 4 ³	141
5: How You Discern Mentality	159
Introduction	159
The Four Stages to Discerning Mentality	160
How You Discern Jhāna Mental-Processes	161
Table 1b: The Mind-Door Process	164
How You Discern Sensual-Sphere Mental Processes	165
Wise and Unwise Attention	165

³ See index of questions from yogis, p.291.

How You Discern Mind-Door Processes	166
How You Discern Five-Door Processes	167
Table 1c: The Five-Door Process	168
How You Discern External Mentality	170
First You Discern External Materiality	187
Discerning Mentality Internally/Externally	187
Questions and Answers 5 ⁴	173
6: How You See the Links of Dependent Origination	183
Introduction	183
The Fifth Method	184
The Three Rounds of Dependent Origination	184
How You Discern Your Past Life	184
Examples	187
What a Female Yogi Discerned	187
Table 1d: Death and Rebirth	188
What a Male Yogi Discerned	190
How You Discern More Past Lives	190
How You Discern Your Future	191
Table 3a: Dependent Origination from Life to Life	192
The First Method	193
Questions and Answers 6 ⁴	195
7: How You Develop the Vipassanā Knowledges to See Nibbāna	209
Introduction	209
How You Develop the Comprehension Knowledge	209
— " — Increase Your Vipassanā Knowledge	211
The Forty Perceptions	211
The Seven Ways for Materiality	213
The Seven Ways for Mentality	214
How You Develop the Arise&Perish Knowledge	216
Introduction	216
How You Develop the Arise&Perish Knowledge	
According to the Fifth Method of Dependent Origination	217
The Contemplation of the Nature of Arising	217
— " — Perishing	218
— " — Arising & Perishing	220
How You Develop the Arise&Perish Knowledge	
According to the First Method of Dependent Origination	221
How You Overcome the Ten Imperfections of Vipassanā	222
— " — Develop the Dissolution Knowledge	223

⁴ See index of questions from yogis, p.291.

You Know the First Eleven Knowledges	223
You Know and See Nibbāna	224
You Review Your Knowledge	226
Questions and Answers 7 ⁴	227
8: The Buddha's Wishes for His Disciples and His Teachings	241
The Buddha Relinquishes the Will to Live	241
The Buddha Declares His Wishes	242
Our Duty as Buddhists	243
How We May Benefit the World	243
How We May Show Our Faith	244
What We Must Learn and Practise	245
The Basis for Practice	245
Samatha and Vipassanā Meditation	247
The Buddha's Exhortations to the Saṅgha	251
The Buddha's Advice to the Bhikkhus	252
9: The Most Superior Kind of Offering	255
Introduction	255
The Disciple's Debts to His Teacher	256
Opportunities Not to Be Missed	258
The Fourteen Types of Personal Offering	260
" Seven Kinds of Offering to the Saṅgha	261
" Four Kinds of Purification of Offering	262
" Six Qualities of an Immeasurable Offering	265
Offerings at Retreat	266
The Giver's Wishes	267
The Most Superior of Worldly Offerings All	268
How You Make a Most Superior Offering	270
<i>Appendix 1: Glossary of Untranslated Pali</i>	283
<i>Appendix 2: Contact Addresses</i>	287
<i>Index of Questions from Yogis</i>	291
Meditation (Practical)	291
Meditation (Doctrinal)	292
Doctrine (Bodhisatta ⁵ Path etc.)	293
Sundry	294

⁵ For untranslated Pali, see Appendix 1, p.283