

CONTENTS

1. INTRODUCTION
2. THE DEVELOPMENT OF CONCENTRATION
3. DEVELOPING INSIGHT
4. DISCERNING MENTAL PHENOMENA
5. DISCERNING MENTAL PHENOMENA EXTERNALLY
6. DISCERNMENT OF MENTAL PHENOMENA INTERNALLY AND EXTERNALLY
7. DISCERNING DEPENDENT ORIGINATION
8. DISCERNING THE PAST
9. EXAMPLE OF DISCERNING DEPENDENT ORIGINATION
10. SIXTEEN KNOWLEDGES
11. THE SEVEN WAYS FOR MATTER PHENOMENA
12. SEVEN WAYS FOR MENTAL PHENOMENA
13. SAMUDAYADHAMMANUPASSI
14. VAYADHAMMANUPASSI
15. TEN IMPERFECTIONS OF INSIGHT
16. KNOWLEDGE OF DISSOLUTION & FORMATIONS
17. THE METHOD OF DEVELOPING MINDFULNESS OF BREATHING
18. BALANCING THE FIVE CONTROLLING FACULTIES
19. BALANCING THE SEVEN FACTORS OF ENLIGHTENMENT.
20. ATTAINING JHANA
21. THIRTY-TWO PARTS OF THE BODY
22. EARTH ELEMENT GROUP
23. WATER ELEMENT GROUP
24. THREE WAYS
25. SKELETON MEDITATION.
26. FIVE JHANA FACTORS
27. JOY AND HAPPINESS (PITI SOMANASSA)
28. DISCERNING INTERNALLY AND EXTERNALLY
29. COLOR OF KASINA
30. WHITE KASINA
31. FIVE JHANA FACTORS
32. FOURFOLD JHANA METHOD OF CLASSIFICATION
33. FIVEFOLD JHANA METHOD OF CLASSIFICATION
34. TEN KASINAS
35. THE EARTH KASINA MEDITATION
36. THE WATER KASINA MEDITATION
37. THE FIRE KASINA MEDITATION
38. THE WIND KASINA MEDITATION
39. THE LIGHT KASINA MEDITATION
40. THE SPACE KASINA MEDITATION

41. THE FOUR ARUPAJHANAS
42. THE BASE CONSISTING OF BOUNDLESS SPACE
43. THE BASE CONSISTING OF BOUNDLESS CONSCIOUSNESS
44. THE BASE CONSISTING OF NOTHINGNESS
45. THE BASE CONSISTING OF NEITHER PERCEPTION NOR NON PERCEPTION
46. FOUR PROTECTIONS
47. PERVADING LOVINGKINDNESS TO A PERSON WHO IS LIKED AND RESPECTED.
48. BREAKING DOWN THE DISTINCTIONS BETWEEN INDIVIDUALS (SIMASAMBHEDA).
49. PERVADING LOVINGKINDNESS TO THE TEN DIRECTIONS
50. METTANISAMSA SUTTAM
51. METTA SUTTA
52. SYMPATHETIC JOY MEDITATION (MUDITA BHAVANA)
53. EQUANIMITY MEDITATION (UPEKKHA BHAVANA)
54. RECOLLECTION OF THE QUALITIES OF THE BUDDHA. (BUDDHANUSSATI)
55. MEDITATION ON THE REPULSIVENESS OF CORPSES (ASUBHA)
56. RECOLLECTION OF DEATH
57. THE METHOD FOR DEVELOPING THE FOUR ELEMENTS MEDITATION
58. METHOD OF ANALYSING RUPA KALAPAS
59. ANALYSING THE RUPA TRANSPARENT ELEMENTS
60. METHOD FOR SEEING CITTAJA RUPA
61. METHOD FOR SEEING UTUJA RUPA
62. METHOD OF SEEING AHARAJA RUPA
63. THE 54 RUPAS OF THE EYE DOOR (CAKKHU DVARA)
64. THE 54 RUPAS OF THE EAR DOOR (SOTA DVARA)
65. THE 54 RUPAS OF THE NOSE DOOR (GHANA DVARA)
66. THE 54 RUPAS OF THE TONGUE DOOR (JIVHA DVARA)
67. THE 44 RUPAS OF THE BODY DOOR (KAYA DVARA)
68. THE 54 RUPAS OF THE MIND DOOR (MANO DVARA)
69. DETAILED METHOD FOR DEVELOPING FOUR ELEMENTS MEDITATION
70. NINE KINDS OF RUPA KALAPAS PRODUCED BY KAMMA
71. EIGHT KINDS OF RUPA KALAPAS PRODUCED BY MIND
72. FOUR KINDS OF RUPA KALAPAS PRODUCED BY TEMPERATURE
73. TWO KINDS OF RUPA KALAPAS PRODUCED BY NUTRIMENT
74. THREE KINDS OF SOUND
75. DISCERNING THE FOUR LAKKHANA RUPAS
76. THE TIME FOR CONTEMPLATING AS "RUPA"
77. THE CHARACTERISTIC OF BEING MOLESTED BY CHANGE
78. SEVEN PURIFICATIONS
79. THEORETICAL EXPLANATIONS FOR RUPA KAMMATTHANA:
80. 28 RUPAS
81. THE NATURE OF RUPAS
82. THREE KINDS OF COMPACTNESS OF RUPA

83. PURIFICATION OF MIND

84. THE KHANIKA SAMADHII OF CITTAVISUDDHI

85. INSIGHT AND MOMENTARY CONCENTRATION

86. ALL THREE CHARACTERISTICS

87. FALLING INTO BHAVANGA

88. SOMETHING TO NOTE

PART - 1