Dr. Mehm Tin Mon's Dhamma Series No.59 Meditation the Buddha's Way	Mentality 51 Discarding Sixteen Kinds of Doubt 52	(9) Vipassanā Meditation on Past-Present-Future five Aggregates 75	Mentalities-Materialities 85 (20) Undertaking Nāta-Ñāṇa Vipassanā 88
CONTENTS	Discerning the Causal Relations of Dependent Origination ( <i>Paticcasamuppāda</i> ) 53	(10) Vipassanā Meditation in 40 Ways 76 (11) Vipassanā Meditation on Causes and Effects	(21) Vipassanā Meditation on the Dissolution of Paticcasamuppāda 89
□ SYNOPSIS 7 □ MAIN PAPER 15 Introduction 15 What are Defilements 15 * Systematic Elimination of Defilements 19 Five Spiritual Powers and Faculties 21 1. Development of Pure Morality 23 2. Development of Pure Mind 26 * Undertaking of Mindfulness of Breathing 28 The Appearance of Meditation Signs 31	* Knowledge of Discerning the Causes of Mentality and Materiality 63  * Junior Stream-winner 64  5. Purity of Vision in Discerning the Path and Not-Path 67  * Vipassanā Meditation the Buddha's Way 68  (1) Discerning all Materialities and all Mentalities again for Undertaking Vipassanā Meditation 69	of Dependent Origination 77  (12) Vipassanā Meditation on Material Septad and Immaterial Saptad 77  * Sammasana-ñāṇa reaches the highest level 78  * Developing Udayabbaya-ñāṇa 78  (13) Momentary-Present Vipassanā Meditation  * The broad Method of Vipassanā Meditation in Connection with Udayabbaya-ñāṇa 80  (14) The arising Mentalities-Materialities 80  (15) The perishing Mentalities-Materialities 80	* The Arising of Bhayañāṇa 89  * The Arising of Ādīnava-ñāṇa 90  * The Arising of Nibbidāñāṇa 91  * The Arising of Muñcitukamyatā-ñāṇa 92  * The Arising of Paṭisaṅkhā-ñāṇa 93  * The Arising of the Knowledge of Equanimity  * From Conformity-knowledge to Path-wisdom  7. Purification by Knowledge and Vision 99  (i)Sotāpatti-magga and Stream-winner 100  (ii) Sakadāgāmi-magga and Once-returner 101
The Appearance of Meditation Signs 31 Developing four Rūpāvacara Jhānas 34  * Attainment of Jhāna means Half-way to Nibbāna 36 3. Development of the Purity of View 37 Defining Materiality (Rūpa-kammaṭṭhāna) 39 Defining Mentality (Nāma-kammaṭṭhāna) 41  * Knowledge of Defining Mentality-Materiality  * The Characteristic of Not-self becomes distinct 4. Purification by Overcoming Doubt 50 Discerning the Causes which give rise to	(2) Vipassanā Meditation on Materialities 70 (3) Vipassanā Meditation on Mentalities 71 (4) Vipassanā Meditation on Materialities and Mentalities Collectively 72 (5) Addhāpaccupanna Vipassanā Meditation 73 (6) Vipassanā Meditationin three Periods 74 (7) Vipassanā Meditation on gross and subtle, inferior and superior, Materiality and Mentality 74 (8) Vipassanā Meditation on Present five Aggregates 74	(16) The arising and perishing Mentalities— Materialities Meditation 81  * The Appearance of Vipassanā Impurities 81 6. Purification by Knowledge and Vision of the Way 83  (17) Undertaking Fourfold Anupassanā Meditation 83  (18) Vipassanā Meditation on Iriyapathasampajañña 84  (19) Meditation focused on the Dissolution of	(iii) Anāgāmi-magga and Non-returner 101 (iv) Arahatta-magga and Arahant 102 * Conclusion 102 * References 104  Better than a hundred years in the life of a person who does not perceive the arising and the dissolving of the five aggragates (mentalities and materialities), is a day in the life of one who perceives the arising and the dissolving of the five aggregates. (Dhammapada 113)