

NO. CONTENTS PAGE

1.	Short biography of the Venerable Mahasi Sayadaw I	
2.	Foreword to Third Edition	A
<b>FIRST PART</b>		
3.	Importance of the Doctrine	1
4.	Reflection of the <i>Bodhisatta</i>	3
5.	<i>Anuloma</i> Reasoning	4
6.	Beyond Reasoning and Speculation	5
7.	<i>Dhamma</i> is only for the wise	7
8.	Difficulty of understanding	9
9.	What is <i>Avijjā</i> ? (Ignorance)	13
10.	Ignorance of the origin of <i>Dukkha</i>	17
11.	Ignorance of the Third and Fourth Noble Truths	20
12.	Right View, etc.	23
13.	<i>Avijjā</i> leads to <i>Sankhāra</i>	26
14.	Unwholesome <i>Kammās</i>	29
15.	Rejection of good <i>Kamma</i> means bad <i>Kamma</i>	35
<b>SECOND PART</b>		
16.	Ignorance and Illusion	37
17.	<i>Sankhāra</i> causes <i>Viññāna</i>	46

18.	How <i>Sankhāra</i> leads to new <i>Viññāna</i>	48
19.	<i>Sassata</i> and <i>Uccheda</i>	50
20.	Death-bed visions	58
21.	The Story of <i>Mahādhammika upāsakā</i>	60
22.	<i>Viññāna</i> and <i>Nāma-rūpa</i>	69
23.	<i>Upapata</i> rebirth	75
24.	<i>Sansedaja</i> beings	76
25.	<i>Vithi-cittas</i>	77
26.	<i>Manodvāra Vithi</i>	82
27.	Follow up <i>Vithi</i>	84
28.	From <i>Viññāna</i> arises <i>Nāmarūpa</i>	85
<b>THIRD PART</b>		
29.	The Story of <i>Cakkhupāla Thera</i>	94
30.	The <i>Thera's</i> Verdict	96
31.	Pure thought and Happiness	99
32.	<i>Nāmarūpa</i> and <i>Salāyatana</i>	102
33.	<i>Rūpa</i> and <i>Āyatana</i>	104
34.	Summary	106
<b>FOURTH PART</b>		
35.	Venerable <i>Ānandā</i>	109

36.	The <i>Buddha's</i> Emphasis on Practice	112
37.	The Abstruseness of the Doctrine	118
<b>FIFTH PART</b>		
38.	Freedom from skepticism	129
39.	Origin of Rebirth Consciousness	134
40.	Hearing Consciousness	139
41.	Smelling Consciousness	143
42.	Gustatory Consciousness	145
43.	Body Consciousness	147
44.	Four Primary Elements	149
45.	Relation Between <i>Manodvāra</i> And <i>Viññāna</i> Etc.	160
<b>SIXTH PART</b>		
46.	Recapitulation	170
47.	<i>Vedanā</i> leads to <i>Taṇhā</i>	172
48.	Six kinds of <i>Taṇhā</i>	173
49.	<i>Taṇhā</i> and <i>Samsāra</i>	177
50.	Extinction of Craving	179
51.	The Story of <i>Mahātissa Thera</i>	181
52.	Story of a Parrot	182

53.	Contemplation and Extinction	184
54.	Cutting off at the Foundation	186
55.	<i>Kilesā</i> and Unmindfulness	189
56.	Thoughts and Tactile Impressions	192
57.	Three kinds of Craving ( <i>Taṇhā</i> )	193
<b>SEVENTH PART</b>		
58.	<i>Taṇhā</i> causes <i>Upādāna</i>	195
59.	Bases of Sensual Pleasure	198
60.	Right Views	203
61.	Seeing the world beyond	206
62.	<i>Pāramī</i> and <i>Kamma</i>	208
63.	<i>Sīlabbatupādāna</i>	211
64.	The story of <i>Korakhattiya</i>	212
65.	Other <i>Sīlabbata</i> practices	216
66.	<i>Attavādupādāna</i> (Clinging to belief to soul) ...	219
<b>EIGHTH PART</b>		
67.	Clinging leads to Becoming	222
	(1) <i>Kammabhava</i>	222
	(2) <i>Upapattibhava</i>	224
68.	Story of <i>Meṇḍaka</i>	225
69.	<i>Upādāna</i> and <i>Kammabhava</i>	227

70.	<i>Puppharatta Jātaka</i>	228
71.	Right and wrong good <i>Kamma</i>	229
72.	<i>Kamma</i> and Rebirth	231
73.	Four kinds of <i>Kamma</i>	232
74.	Story of <i>Ajātasattu</i>	234
75.	Habitual and Death-bed <i>Kammās</i>	238
76.	Birth and Suffering	240
77.	Grief and Lamentation	243
78.	Story of <i>Subrahma devas</i>	246
79.	<i>Kāmuṇā</i> means all kinds of Excessive Craving	248
<b>NINTH PART</b>		
80.	Attachment to belief as the Cause of Rebirth	250
81.	Superstition and Evil Rebirth	255
82.	Fanaticism or Religious <i>Upādāna</i>	259
83.	<i>Sīlabbatupādāna</i> -Attachment to wrong Practices	260
84.	<i>Attavādupādāna</i>	262
85.	Story of <i>Uggā</i>	266
86.	<i>Vipassanā</i> Practice and <i>Upādāna</i>	269

<b>TENTH PART</b>		
87.	Life-cycle and three time-dimensions	272
88.	Five causes in the Past	273
89.	Distinction between <i>Sankhāra</i> and <i>Kammabhava</i>	274
90.	Present Effect due to Past cause	275
91.	Knowledge for <i>Vipassanā</i> practice	276
92.	Removing the Present causes	279
93.	The <i>Arahat's</i> outlook on life	280
94.	Not ASnnihilation but Extinction of Suffering	282
95.	Story of <i>Yamaka</i>	283
96.	<i>Bhikkhunī Vajirā</i> on the Nature of <i>Khandhās</i>	286
97.	Four layers, three links and twenty factors	287
98.	Three cycles	288
99.	Four Aspects of <i>Paṭiccasamuppāda</i>	290
100.	The False View of <i>Sāti</i>	291
101.	Distinctive Character of each Phenomenon	293
102.	Absence of Effort ( <i>Avyāpāra</i> )	295
103.	Relevancy of Cause to Effect	296

<b>ELEVENTH PART</b>		
104.	Conclusion	297
105.	Cutting off the Cycle of Defilements	300
106.	<i>Arahan</i> and the Attributes of the <i>Buddha</i>	300
107.	Story of <i>Baka brahmā</i>	303
108.	<i>Sammāsambuddha</i>	305
109.	The fame of the <i>Buddha</i>	307
110.	The Four Noble Truths in brief	309
111.	<i>Sammāsambuddha</i> and <i>Buddhahood</i>	310
112.	Summary	316