

This Dhamma talk extensively elucidates the *Anupada-dhamma Vipassanā* practiced by Venerable Sāriputta by both Suttanta and Abhidhamma methods, while also explaining a comparison of eight types of *Jhāna Samāpatti* and *Vipassanā* insights.

The rationale behind the instruction to prioritize the practice of the pure *Vipassanā* method (*Suddhavipassanāyānika*) over the *Jhāna*-based *Vipassanā* method (*Samathayānika*) is thoroughly elucidated and well-founded.

By employing Venerable Sāriputta's *Jhāna*-based *Vipassanā* method as an illustration, this elucidates how to engage in *Vipassanā* practice, even in the absence of attaining any *Jhāna*.

The contemplation of the sixteen mental factors from the first *Jhāna*, a core aspect of the *Anupada* method practiced by Venerable Sāriputta, represents the most extensive number available to a meditator. It is unnecessary to contemplate each mental factor accompanying the *Jhāna*. Such contemplation does not align with genuine *Vipassanā* practice, a crucial point underscored in this Dhamma talk. It emphasizes the vital need for discernment in this regard.