

Contents

✚ Preface	136
✚ Introduction	139
Part (1) The deed, the cause of annihilation of misery 'dukkha'	
1. 'Avijja' (ignorance)	144
1. 'Avijja' and 'mauha'	145
2. 'Avijja' and 'asavau'	147
3. Method of rejecting 'avijja'	148
4. 'Avijja' and 'sakkaya ditthi'	152
2. 'Sakkaya ditthi, 'the dhamma' making 'avijja' (ignorance) permanent	154
3. 'Nivarana', the 'dhamma' making 'avijja' (ignorance) permanent	157
4. Escapement	
1. Escapement of five 'khandha' and escapement from 'vata' ('dukkha') misery	162
5. Annihilation	164
Part (2) To 'escapement' of mind ('vimutti')	
1. 'Indriyan' depends upon 'mind'	
1. Mind	168
2. Mind and 'sati, sampajanya'	169
3. 'Indriyan'	170
4. Observation of 'indriyan'	172
5. Forbearance and 'indriyan'	173
6. Enduring 'arammana' forbearingly	175
7. Avoidance and observing 'indriyan'	177
8. 'Panyata', 'paramata' and 'indriyan'	178
9. Having discipline to observe 'indriyan'	179
10. Conclusion	180
2. Mind depends upon 'sati'	
1. 'Sati'	182
2. 'Sati' and 'sanya' (perception)	182
3. 'Sati' and 'sampajanya'	184

4. 'Sati' manifesting and 'manau vinyana' knowing	185
5. 'Manau vinyana' depending upon 'sati'	187
6. 'Manau vinyana' that knows 'paramata'	189
7. 'Anapana sati-pathana'	190
8. Conclusion	191
3. 'Sati' depends upon 'vimutti'	
1. 'Sati' manifesting 'character of 'dhamma' nature	193
2. Contemplation and 'samadhi'	194
3. The cause of 'liberation'	196
4. Conclusion	198
4. 'Vimutti' depends upon 'Nibbana'	
1. Escapement of the mind, 'vimutti'	200
2. 'Vimutti' depending upon 'Nibbana'	202

Part (3) 'Contemplation' and 'Questions and answers'

A. Contemplation	
1. 'Samma ditthi, samma sankappa maga' ('Panya') and consideration	205
2. Pleasantness and disadvantages of 'vedana' and 'liberation'	206
3. Any 'vedana' may be 'dukkha'	209
4. Pleasantness, 'sukha' and 'unpleasantness', 'dukkha'	213
5. Looking into 'sukha vedana' as 'dukkha'	214
6. Intellect being free from appetite	216
7. Rejecting 'vita' misery	218
8. From 'annihilation' to peace and comfort'	219
B. Questions and answers	
1. Concerning the parts of 'maga' deed	224
2. Concerning five 'khandha' (the meditated object)	231
✚ Conclusion	253
✚ Appendix (Notes)	261