

# PRACTICAL INSIGHT MEDITATION

(Basic and Progressive Stages)

## CONTENTS

1. Short biography of the Venerable Mahāsi Sayadaw .....	(I)
2. Foreword to Third Edition .....	A
3. Preface by the Venerable Mahāsi Sayādaw .....	D
4. PART I- Basic Practice	
Preparatory Stage .....	1
Basic Exercise I .....	4
Basic Exercise II .....	6
Basic Exercise III .....	8
Advancement in Contemplation .....	18
Basic Exercise IV .....	21
Summary .....	22
5.PART II- Progressive Practice .....	23
6.How <i>Nibbāna</i> is realized .....	52
7.How to Attain the Higher Paths ( <i>Maggas</i> ) .....	62
8.Advice .....	68
9.A Special Note .....	69
10.Notes .....	70
11.Appendix .....	75
Techniques of Meditation .....	76
Rising and Falling Movement of the Abdomen .....	77
Starting with Materiality .....	81
Contemplation on the Arising at the Six Sense Doors .....	82
Insight Meditation without Prior <i>Jhana</i> Development .....	84
Attainment of Purity of Mind by Access Concentration .....	86