

Table of Contents

Ashin Nandamāla Preface.....	1
Editorial preface.....	3
Foreword to the second edition.....	5
Foreword to the third edition.....	6
A Brief Biography of Dr. Nandamālābhivamsa.....	8
The History of Abhidhamma.....	11
1. Why is it called Abhidhamma?.....	11
2. Who is the author?.....	11
3. Who brought Abhidhamma to the human world?.....	12
4. The Seven Abhidhamma Texts.....	13
5. Commentaries on Abhidhamma.....	14
6. Abhidhamma flourished in Sri Lanka.....	15
7. How Abhidhamma flourished in Myanmar.....	17
8. The role of Abhidhammattha saṅgha.....	21
9. The role of Vibhāvinī.....	23
10. Ledi Sayādaw.....	23
11. Paramatthadīpanī, the critique of Vibhāvinī.....	24
The Fundamental Abhidhamma.....	27
Abhidhamma:.....	27
Seven Abhidhamma Texts:.....	27
The Two Types of Dhammas explained in Abhidhamma.....	28
The Four Ultimate Realities.....	29
CHAPTER 1.....	30
Citta: Consciousness.....	30
Definition and classification.....	30
Citta 89/121.....	30
Kāmāvacara – 54.....	30
Akusala – 12.....	30
Lobhamūla – 8.....	32
Dosamūla – 2.....	33
Mohamūla – 2.....	34
Ahetuka – 18.....	34
Akusala vipāka – 7.....	35
Kusala vipāka – 8.....	36
Kriyā – 3.....	38

Kāma-sobhana – 24.....	38
Kusala – 8.....	39
Vipāka – 8.....	40
Kriyā – 8.....	40
Rūpāvacara – 15.....	41
Nīvaraṇa – 5.....	43
Arūpāvacara – 12.....	45
Object - 4.....	45
Lokuttara – 8/40.....	47
Four Types of Magga.....	48
Magga and Saṃyojanas (fetters).....	49
Phala (fruition).....	49
Lokuttara jhāna.....	49
Jhāna citta – 67.....	50
CHAPTER 2.....	51
Cetasika.....	51
Definition.....	51
Cetasika – 52.....	51
Aññasamāna – 13.....	52
Akusala cetasika – 14.....	53
Sobhana cetasika – 25.....	54
Sobhana-sādhāraṇa – 19.....	54
Virati cetasika – 3.....	55
Appamaññā cetasika – 2.....	56
Paññā cetasika – 1.....	56
Two Ways of Association.....	56
The way of Sampayoga.....	57
The Way of Saṅgha.....	60
CHAPTER 3.....	69
Rūpa: Matter.....	69
Enumeration.....	69
Rūpa.....	69
The two types of matter.....	69
Mahābhūta – 4.....	69
Upādāya rūpa – 24.....	70
Pasāda – 5.....	70
Gocara – 7.....	71
Bhāva – 2.....	72
Hadaya - 1.....	72

Jivita – 1.....	73
Āhāra – 1.....	73
Pariccheda – 1.....	73
Viññatti – 2.....	73
Vikāra – 5.....	74
Lakkhana – 4.....	74
Classification of Matter.....	75
The Four Causes and Conditions.....	78
The Four Conditions and Matter.....	79
Matters born of Conditions.....	80
Mental Effects.....	81
Material Groups.....	82
The 4 Material Groups.....	83
Kammaja-kalāpa – 9.....	83
Cittaja-kalāpa – 6.....	84
Utuja-kalāpa – 4.....	85
Āhāra-kalāpa – 2.....	85
Matters that cannot be in Group.....	86
Internal and External Matter-Groups.....	86
How Matters Arise.....	86
Plane:.....	86
Time:.....	87
Beings:.....	87
Beings and Planes.....	87
The Arising of Matters in Kāma Planes.....	88
The First and the Last Moments of Matters.....	88
Arising of Matters in Rūpa Plane.....	89
Arising of Matters in the Plane of Asaññāsatta.....	90
Matters at the moment of Rebirth.....	90
CHAPTER 4.....	91
Pakiṇṇaka: Miscellaneous.....	91
Introduction.....	91
1. Classification of Feeling.....	92
Classification of Citta through associated “feeling”.....	92
2. Classification of Roots.....	94
Classification of cittas through associated Roots.....	95
3. Classification of Functions.....	96
Classification of Stages.....	97
Classification of Cittas through their Functions.....	98

Cittas with different functions.....	100
4. Classification of Doors.....	102
Classification of cittas through their doors.....	102
Cittas in different doors.....	104
5. Classification of Objects.....	105
Defining of objects.....	106
Classification of Cittas through their objects (general).....	106
Classification of Cittas through their objects (special).....	107
Classification of Cittas through their objects (general).....	109
6. Classification of Bases.....	110
Seven Elements of Cittas.....	111
Cittas and their Bases.....	112
CHAPTER 5.....	114
Vīthi: Mental Process.....	114
Mental Process in Eye-door.....	120
Mental Process with Very Great Object.....	122
Mental process with Great Object.....	124
Mental process with Small Object.....	124
Mental process with Very Small Object.....	124
Mental Process in Mind-door.....	126
Kāma-Javana Section.....	127
Appanā-Javana Section.....	128
Preceding and Following Javanas.....	131
Analysis of Mind in Process.....	132
3 Conditions of Tadārammaṇa.....	134
Problem of Tadārammaṇa.....	134
Analysis of Javana.....	135
Division of Vīthiccitta.....	137
Vīthiccittas and Individuals.....	139
Tihetuka in other planes.....	144
CHAPTER 6.....	147
Vīthimutta: Passive Mental Process.....	147
(1) Bhūmi Section.....	147
Kāmāvacara 11.....	147
Rūpāvacara 16.....	148
Arūpāvacara 4.....	150
31 Planes and 12 Individuals.....	150
(2) Paṭisandhi Section.....	152
10 - Kāma Paṭisandhi.....	153

Rūpāvacara Paṭisandhi.....	154
Arūpa Paṭisandhi.....	155
One with 3 Functions.....	156
(3) Kamma Section.....	157
Definition of Kamma.....	157
Classification of Kamma.....	157
(a) Kusala Kamma.....	158
(1) Kāmāvacara kusala kamma.....	158
(2) Rūpāvacara kusala kamma.....	161
(3) Arūpāvacara kusala kamma.....	161
(b) Akusala Kamma.....	161
Root conditions of misconduct.....	162
Kamma and Vipāka.....	163
Result of Kusala kamma.....	163
Result of Akusala kamma.....	167
Fourfold Kamma.....	167
4 Conditions of Death.....	170
3 Objects of Death Consciousness.....	171
Death Consciousness.....	172
Rebirth Consciousness.....	172
Death and Rebirth-process.....	172
Paṭisandhi after Cuti.....	179
CHAPTER 7.....	181
Paccayasāṅgha.....	181
(Compendium of Causality).....	181
Causality.....	181
Two Ways.....	181
Classification of Paṭiccasamuppāda.....	192
12 Factors.....	192
3 Periods.....	192
3 Vaṭṭas.....	192
3 Links.....	192
4 Groups.....	193
20 Modes.....	193
2 Roots.....	193
Bhavacakka (the cycle of Life).....	194
2. The Way of Paṭṭhāna.....	195
24 Conditions.....	196
9 Groups of Conditions.....	198

7 Ways of Relation.....	203
How to relate between Paccaya and Paccayupanna.....	206
Analysis of Concepts.....	218
Concept as What is Made Known.....	218
Concept as What Makes Known.....	219
CHAPTER 8.....	222
Kammaṭṭhāna saṅgha.....	222
(1) Bhāvanā.....	222
Kammaṭṭhāna.....	222
(1) Samatha.....	223
10 Kasiṇa.....	223
Asubha.....	224
Anussati.....	225
Appamaññā.....	225
Saññā.....	226
Vavaṭṭhāna.....	226
Āruppa.....	226
40 Meditation objects and their Final Attainment.....	227
Meditation Objects and Temperaments.....	227
The 3 Stages of Mental Culture.....	228
Objects for Jhāna.....	229
Signs of Mental Culture.....	231
Nimitta and Bhāvanā.....	232
Attainment of Jhānas.....	232
Attainment of Jhāna without Resembled sign.....	234
Abhiññā.....	235
(2) Vipassanā.....	235
7 Purifications.....	236
10 Insight Knowledges.....	239
3 Universal Characteristics.....	240
3 Contemplations.....	240
3 Entries to the Emancipation.....	240
3 Emancipations.....	241
Vipassanā Practice in brief.....	241
Attainment of Path and Fruition.....	243
Reviewing Knowledge.....	244
Analysis of Emancipation.....	245
Analysis of Individuals.....	247
Analysis of Attainment.....	248

Table of Contents	
CHAPTER 9.....	250
Samuccayasāṅgha.....	250
4 Compendiums.....	251
1. Akusalasāṅgha.....	251
Āsava.....	252
Ogha.....	252
Yoga.....	253
Gantha.....	253
Upādāna.....	254
Nīvaraṇa.....	255
Anusaya.....	256
Saṃyojana.....	256
Kilesa.....	259
2. Missaka Saṅgha.....	263
6 Hetu.....	264
7 Jhāna factors.....	265
12 Magga factors.....	265
22 Indriyas.....	266
9 Bala.....	269
4 Adhipati.....	270
The difference between ‘Adhipati’ and ‘Indriya’.....	271
4 Āhāra.....	271
Dhamma and Categories.....	272
3. Bodhipakkhiya Saṅgha.....	275
Satipaṭṭhāna.....	276
Sammappadhāna.....	276
Iddhipāda.....	277
Indriya.....	277
Bala.....	278
Bojjhaṅga.....	278
Maggaṅga.....	279
Way of Participation.....	280
4. Sabba Saṅgha.....	281
Khandha.....	282
Upādānakkhandha.....	282
Āyatana.....	283
Dhātu.....	284
Ariyasacca.....	286