

Contents

1. Preface	a	(c) Two Host Consciousness	62
2. How to overcome Vedanā (Feeling)	1	(d) Five Meditators or Five Lokiya Maggāngas (Mundane Constituents of Path)	62
3. The Venerable Mogok Sayadaw's Circle Desana (written address) for the Teaching of Revolving and Breaking of Paticcasamuppāda	58	(e) Meditation	62
4. Eighteen Datus (Elements)	60	6. Eight Lokuttara Maggāngas (Supramundane Constituents of Path)	62
(a) Twelve Āyatanas (Sense bases)	60	7. Four Saccās (Four Noble Truths)	63
(1) Six Internal Āyatanas (Sense bases) or Six Dvāras (Sense doors) or Six Receiving Elements	60	8. Five Khandhās (Aggregates of Existence) or Pannakkhandhā	64
(2) Six External Āyatanas (Sense bases) or Six Ārammanas (Sense objects) or Six Striking Elements	60	9. Vedanānupassanā (Meditation on Feeling)	65
(b) Dhamma (Phenomenon) that arises because of the impact of Ārammana (Sense object) and Dvāra (Sense door) or Six Resulting Elements	61	(a) Six External Visitors	65
5. Cittanupassanā (Meditation on Mind)	61	(b) Three Internal Visitors	66
(a) Five External Visiting Consciousness	61	(c) Three Host Visitors	66
(b) Six Internal Visiting Consciousness	61	(d) Meditation	67
		10. No Creators	68
		11. Paticcasamuppāda Anuloma	68
		12. Two Roots (Verse)	71
		13. Answer of the Verse	71
		14. Meditation	76
		15. Pāli and English Words in the Circle Diagram	77
		16. A Biographical Sketch of the Translator	78