CONTENTS

INTRODUCTION CHAPTER I THE EIGHTFOLD NOBLE PATH (*Majjhima Patipadā*)

The Middle Path Threefold Noble Training Who can disentangle the Net of Craving? Review Questions

> CHAPTER II MORALITY (*Sīla*)

What is 'Morality'?
1 Volition as Sīla
2 Mental Factor as Sīla
3 Restraint as Sīla
4 Non-transgression as Sīla
In what Sense is it called Morality?
The Characteristic, Function, Manifestation, and
Proximate Cause of Morality
The Benefits of Morality
Different Kinds of Morality
1 One (Eka)
2 Dyads (Duka) : Different Classifications
of Sīla as two Kinds each
3 Triads (Tika) : Different Classifications
of Sīla as three Kinds each
4 Tetrads (Catukka) : Different Classifications
of Sīla as four Kinds each
5 Pentads (Pañcaka) : Different Classifications
of Sīla as five Kinds each

	Training of Morality and Silavisuddhi	50	
	Cultivating Pārisuddhi Sīla	52	
7	Defiling of Morality	66	
	Seven Types of Minor Sexuality	67	
	Cleansing of Morality	68	
	The Disadvantages of Impure Morality	70	
	The Advantages of Pure Morality	72	
21	Morality as the Foundation of Meditation	74	
23	Review Questions	76	
27			
30	CHAPTER III		
	CONCENTRATION (Samādhi)		
	What is Concentration ?	79	
32	In what Sense is it called Concentration?	79	
32	What are its Characteristic, Function,		
33	Manifestation, and proximate Cause?	80	
	Different Kinds of Concentration	80	
33	1 One (Eka)	80	
34	2 Dyads (Duka) : Different Classifications of		
34	Concentration as two Kinds each	81	
	3 Triads (Tika) : Different Classifications of	01	
35	Concentration as three Kinds		
36	each	83	
37	4 Tetrads (Catukka) : Different Classifications of		
37	Concentration as four Kinds		
	each	85	
40	5 Pentad (Pañcaka) : Classification of Concentration	61	
		91 91	
42	Defiling and Cleansing of Concentration Why should we develop Concentration	91 92	
	Preparation for Developing Concentration	95	
42	The Purpose and Objective of Developing	/5	
	Concentration	97	
47	Review Questions	99	

CHAPTER IV	
THE EARTH KASINA	
Parihāriya Kammatthāna	101
Preparation of an Earth Kasina	101
Reflecting on the Earth Kasina	103
The Apperance of Meditation Signs	105
Suitability and Unsuitability	107
Tenfold Skill in Absorption	111
1 Cleansing the Internal and the External Bases	s 111
2 Balancing the Controlling Faculties	112
3 Skill in the Meditation Sign	115
4 Raising the Morale	116
5 Restraining the Mind at the Time when it	
should be restrained	119
6 Gladdening the Mind at the Time when it	
should be gladdened	122
7 Viewing the Mind with Equanimity at	
the Time when it should be viewed	123
8 Avoiding Persons with no Concentration	123
9 Associating with Persons of Concentration	123
10 Being resolute upon Concentration	124
The Simile of a clever Bee	124
The Appearance of Absorption in Cognitive	
Series	125
The Cognitive Series in Jhāna Samāpatti	127
The First Rūpāvacara Jhāna	129
Abandoning Five Factors and Attaining Five	
Factors	132
Mastery in Five Ways	134
The Second Rūpāvacara Jhāna	136
The Third Rūpāvacara Jhāna	138
The Fourth Rūpāvacara Jhāna	139
The Fivefold Rupāvacara Jhāna	140
Review Questions	144