

	PAGE
Short Biography of the Venerable <i>Mahāsi Sayadaw</i>	i-v
About the Translator	vi-vii
Introduction by the Translator	viii-xiv
Prelude	xv-xvi
Program in brief	xvii
Chapter I	
A Word of Advice and Purity of <i>Sīla</i>	1
Purity of Morality Relating to Monks	6
The Meaning of <i>Inaparibhoga</i>	8
<i>Cūlanāga Thera's</i> Doctrine or Proclamation	13
Reflection is Complete Also by Contemplating and Noting	16
<i>Indriyasamvara Sīla</i>	16
Exposition of the Meaning	18
How to Take Care before Practicing Meditation	21
Purity of <i>Sīla</i> - Morality Concerning Laymen	29
The Five Dangers of Impediments	32
How a Minister to the King Became an Arahat	35
How Venerable <i>Uṭṭiya</i> Was Admonished	38

Beneficial Results of <i>Samatha</i>	47
The Great Executioner and <i>Anuloma-ñāṇa</i>	49
Non-achievement of Specific <i>Attainment</i> for Lack of Practice and Guidance of Preaching	53
How <i>Sīlavissuddhi</i> Is Achieved through <i>Bhāvanā</i>	55
The Manner of Accomplishment through <i>Bhāvanā</i>	60
Development by Being Established in <i>Sīla</i>	64
Particularly Note-worthy Point	67

Chapter II

<i>Citta Visuddhi</i>	69
Two Methods of Developing <i>Magga</i>	75
Superior <i>Vipassanā</i> and <i>Samadhi</i>	79
The First <i>Niyyāna</i> and <i>Āvaraṇa</i>	87
The Second <i>Niyyāna</i> and <i>Āvaraṇa</i>	92
The Third <i>Niyyāna</i> and <i>Āvaraṇa</i>	94
The Fourth <i>Niyyāna</i> and <i>Āvaraṇa</i>	95
The Fifth <i>Niyyāna</i> and <i>Āvaraṇa</i>	97
The Sixth <i>Niyyāna</i> and <i>Āvaraṇa</i>	101
To Note in Brief	104
The Seventh <i>Niyyāna</i> and <i>Āvaraṇa</i>	104
The Eighth <i>Niyyāna</i> and <i>Āvaraṇa</i>	107
Consider Things for Your Own Interest	109
The Noblest Way to Honour	113
Noble Wish	116
Special Methods of Attention or Bearing in Mind	119
Dangers Besetting <i>Samādhi</i> and the Remedial Measures	124
The Way <i>Vipassanā</i> Mind Remains in <i>Ekatta</i>	142

Chapter III

<i>Paramattha</i> and <i>Paññatti</i>	149
The Object of <i>Vipassanā</i>	177
Usual Comprehension Made by the Disciples	185
Only the Present Should Be Contemplated and Noted	187
<i>Bhaddekaratta Sutta</i>	192
The Names of <i>Anumāna Vipassanā</i>	207
Exemplary Techniques	209
Brief Explanation	212
How <i>Vipassanā</i> Occurs on <i>Ānāpāna</i>	215
Could Attain Arahatship without Knowing All Four Elements	219
Answer of the First <i>Arahanta</i>	220
<i>Vipassanā</i> of Venerable <i>Sāriputta</i>	223
How <i>Anupadadhamma-vipassanā</i> Takes Place	228

Chapter IV

The Contemplation Elucidated with Citations	241
How Characteristics, etc., Could Be Known without <i>Suta</i> (Knowledge or Learning)	245
In Harmony with the <i>Ṭikā-kyaw (Abhidhammatthavibhāvinīṭikā)</i>	248
How <i>Cakkhupasāda</i> Is Known	251
<i>Sutamaya</i> and <i>Cintāmaya Ñāṇa</i> Are not <i>Vipassanā</i>	256
Question and Answer on <i>Vipassanā</i>	260
<i>Vipassanā</i> in Brief	264
How <i>Kilesa</i> is Eradicated by Noting	274
How Impulsive Consciousness (<i>javana</i>) Ceases in <i>Pañcadvāra</i> – the Five Sense-doors	275
Story of Venerable <i>Ashin Poṭṭhila</i>	279

Just Keeping out of Sight Is not <i>Bhāvanā</i>	282
Direct Factual Illustrations	284
Noting at the Moment of Hearing, etc.	294
Noting at the Moment of Touch	298
How <i>Ānāpāna</i> is Noted	302
Noting the Four Elements	305
Noting at the Moment of Thinking and Knowing	307
Noting the Postures of the Body	314
It Is Not Dog's Knowing or Common Worldling's Knowing	316
<i>Kammaṭṭhāna</i> & <i>Satipaṭṭhāna</i> Meditation Are Identical	319
Noting as regards <i>Sampajañña</i>	326
Contemplating External Objects	333
Contemplating <i>Samudaya</i> and <i>Vaya</i>	335
How Mindfulness Remains without a Break	335
<i>Vedanānupassanā</i>	336
<i>Upekkhāvedanā</i>	340
<i>Sāmisasukha, etc.</i>	344
The Story of <i>Thera Mahāsiva</i>	347
Knowing of <i>Samudaya</i> and <i>Vaya</i>	352
<i>Cittānupassanā</i>	354
Knowing the Mind by Its Characteristics, etc.	356
<i>Dhammānupassanā</i>	358
Awareness of the Arising and Cessation of <i>Nīvaraṇa</i>	359
<i>Yonisomanasikāra</i>	360
Knowing of the <i>Khandhā</i>	366
Knowing of <i>Samudaya</i> and <i>Vaya</i> of <i>Rūpa</i>	368
Knowing of <i>Āyatana, Dhātu</i> and <i>Nāma-Rūpa</i>	372
Knowing of <i>Samyojana</i>	375
It's Not <i>Macchariya</i>	377
How to know <i>Bojjhaṅga</i>	379

The Four Noble Truths (<i>Ariyasaccā</i>)	386
Seven kinds of <i>Dukkha</i>	387
<i>Nirodhasacca</i>	393
<i>Maggasacca</i>	393
Contemplating the Four Noble Truths	394
How <i>Dukkha</i> Is Known	399
Inanimate things are Not to Be Regarded as <i>Dukkhasacca</i>	400
Need to Know One's Own Truth Only	401
How <i>Samudaya</i> Is Known	404
It Is Conspicuous but Difficult to Know	408
How <i>Nirodha</i> and <i>Maggasaccā</i> Are Realized	410
How the Four Noble Truths Are Known Every Time	412
Noting Is Done	412
How the Four Noble Truths Are Known by <i>Magga-ñāṇa</i>	414
Difference in Knowledge Gained by <i>Puthujjanas</i> and <i>Ariyas</i>	416
How to Develop the Eightfold <i>Maggaṅgas</i>	420
How <i>Vivekanissita, etc.</i> , Occurs	427
<i>Sīla Maggaṅga</i> Is Included in <i>Vipassanā</i>	431
<i>Catusacca Kammaṭṭhāna</i>	433
The Advantages of <i>Satipaṭṭhāna</i>	443
The Noble Guarantee	447
The Five <i>Padhāniyaṅga</i> (Factors of Striving)	449
Special Message	451