

THOUGHTS ON THE DHAMMA

CONTENTS

No	Pages
1. Short Biography of the Venerable Mahāsī Sayādaw	I
2. Preface by Venerable Nyanaponika	(A)
3. Foreword to First Edition of the B.S.N.O	(D)
4. THE DHAMMA	1
One Truth	2
The Need for Practice	2
The Path in Three Stages	3
Putting Knowledge into Practice	4
The True Faith	5
The Deities' Dissatisfaction	6
The Great Pity	7
Slavery	8
Listening to the <i>Dhamma</i>	8
Self	10
5. THE BURDEN OF THE AGGREGATES .	11
The Burden	12

(i)

(ii)

How Heavy the Burden Is!	13
Carrying the Heavy Burden	16
6. ETHICS	20
The Light of <i>Dhamma</i>	21
Keeping the Precepts	22
On Kindness and Charity	24
Ill will	24
Killing in Self-defence	25
7. CONCENTRATION	27
The Need for Concentration	28
<i>Samādhi</i>	28
Becoming and Dissolution	29
8. MEDITATION	31
Instructions to the Meditator	32
Knowledge Deepens Through Practice	32
Initial Doubt	33
A Very Effective Remedy	34
Depression	35
Despair	36
Strenuous Effort	37
How to Avoid the Two Extremes	38
Purity of Mind	39

8. INSIGHT MEDITATION	40
Insight Knowledge	41
A Flash of Lightning	41
No Ordinary Teaching	42
The Qualities for Success	42
The Three Feelings in <i>Vipassanā</i>	43
Intrinsic Knowledge	44
The Knower and the Known	46
Empirical Knowledge	48
Conviction in <i>Anicca</i>	49
The Law of Impermanence	49
Ego-Belief	50
Self-Discovery	52
The Path Factors in <i>Vipassanā</i>	53
Mindful Perception Leads to Detachment	55
The Unseen and the Seen	56
Warning	57
Eliminating the Unwanted	59
Penetrative Insight	59
