

Contents

1. Freedom from worry	5	19. Thinking	73
2. Cultivating a good temper (I)	8	20. Behaving in honesty, thinking in excellence	77
3. Cultivating a good temper (II)	12	21. Samma ajiva	81
4. Mind of despising others	16	22. Samma vaca	85
5. From Malice to Burning Anxiety	20	23. Samma diithi	89
6. Panya	23	24. Vicikicca	93
7. Cetana	26	25. Uddhacca	98
8. Dosa	30	26. Ability of mind, train of mind and tranquility of mind	102
9. Mauha	34	27. Sati and Saddha	107
10. Metta (I)	38	28. Moral and Saddha sila	112
11. Metta (II)	41	29. Excellent mind and purpose of life (I)	115
12. Mudita	45	30. Excellent mind and purpose of life (II)	119
13. Upekkha	49	31. Conclusion	123
14. Excellent wishes	52		
15. The minds, the original cause of the evil deeds	56		
16. Panya, Sati, Saddha	60		
17. Mana	65		
18. Hiri and Attappa	69		