

## Contents

<b>1. Introduction</b> .....	5
<b>2. Chapter 1</b>	
Nāmarūpa pariccheda ñāṇa.....	7
- Development while in the sitting posture	8
- Development while in the walking posture	11
- Development in the four bodily postures....	12
- Development while taking food.....	14
- Development while bending and stretching	14
<b>3. Chapter 2</b>	
Paccaya pariggaha ñāṇa.....	17
- Development while in sitting posture.....	19
- Development in the four bodily postures....	20
- Development while taking food.....	21
- Development while bending and stretching.	22
<b>4. Chapter 3</b>	
Sammāsana ñāṇa.....	24
- Knowing the three characteristics, anicca, dukkha, anatta by contemplation....	26
<b>5. Chapter 4</b>	
Udayabbaya ñāṇa.....	30
- Development of Udayabbaya ñāṇa.....	34
- Realizing dukkha through sukha.....	35

<b>6. Chapter 5</b>	
Bhanga ñāṇa.....	37
- Development of Bhanga ñāṇa.....	39
- Distinction between balavant and taruna vipassanā.....	40
- Development of Bhanga ñāṇa at the six sense-doors (dvāra).....	42
<b>7. Chapter 6</b>	
Bhaya, Ādinava, Nibbidā, Muncitu-kamyatā ñāṇa.....	45
- Development of Bhaya ñāṇa.....	46
- Development of Ādinava ñāṇa.....	47
- Development of Nibbidā ñāṇa.....	48
- Development of Muncitu-kamyatā ñāṇa..	49
<b>8. Chapter 7</b>	
Patisankhā ñāṇa.....	51
<b>9. Chapter 8</b>	
Sankhārupekkhā ñāṇa.....	58
- Being devoid of fearfulness.....	58
- Being devoid of delight.....	60
- Observing both pleasure and suffering with equanimity.....	61
- Ability to face the vicissitudes of life..	62
- Observing and noting with ease.....	63
- Special qualities of Sankhārupekkhā..	64
- Experiencing the three special qualities..	65

## Contents

-How it stays or lasts long.....	65
-Gets more and more subtle with time.	66
-Curing of certain diseases.....	67
-No mind wandering to other objects....	68
<b>10. Chapter 9</b>	
Magga ñāṇa, Phala ñāṇa, Paccavekkhaṇa ñāṇa.....	71
- Realizing the object of nibbāna.....	73
- Development of Paccavekkhaṇa ñāṇa.	75
- Reflecting on Nibbāna, Magga and Phala....	75
- Reflecting on abandoned and remaining kilesā.....	76
- Development of 19 Paccavekkhaṇa ñāṇa .....	76