

CONTENTS

Introduction

1. Chapter [1]
ON DITTHI
The Wrong View
2. Chapter [2]
ON PATICCASAMUPPADA
3. Chapter [3]
ON VIPASSANA MEDITATION
4. Chapter [4]
ON VIPASSANA PRACTICE
5. Chapter [5]
ON INSIGHT KNOWLEDGE
6. Chapter [6]
ON THE TRUTH

This Manual of Insight knowledge: Vipassanā is a guide to a higher religious life for those who inspire to practice in vipassanā, to realize the highest goal of human existence: the complete sensation of suffering called Nibbana.

Nibbana as a reward is unattainable by mere act of praying: it is to be secured by strenuous effort in the practice of Vipassanā. To understand the truth of human reality prior to death is vital for a converted Buddhist. This Manual will help the readers and the yogis (practitioners) in many ways in their attempts to develop their insight knowledge to lead them to a higher spiritual attainment.