

# CONTENT

Content:

page

	Page		Page
1. Introduction	1	15. Three kinds of vipasaana Based feelings	56
2. Discourse on Satipaṭṭhāna for the extinction of suffering (1)	9	16. A brief description of vipassana	4
3. Satipaṭṭhāna for the extinction of suffering	23	17. Emergence of vipassana insights	59
4. Satipaṭṭhāna for the extinction of mental suffering (1)	31	18. Wholesome of unwholesome unpleasant feelings	61
5. Mindfulness while walking	36	19. Wholesome and unwholesome neutral feeling	62
6. Lower-level insight into the origin and dissolution	41	20. Wholesome upekkhā	63
7. Development of advance-level insight	42	21. Sakka's renewal of Existence	65
8. End of the suffering for the sotāpanna yogi	44	22. Conclusion	66
9. Satipaṭṭhāna for extinction of mental suffering (2)	47	3. List of donors	67
10. Introduction	48		
11. Sakka's questions and Buddha's answers	50		
12. Explanation	53		
13. Three kinds of wholesome feelings	54		
14. Twelve kinds of wholesome feelings	55		