Contents

35			
1.	Preface		
2.	Introduction		
3.	Part (1)		
	'Excellent Wisdom'		
	- 'up-right, conscientious deeds'		
20) E	and 'panya' (wisdom)		1
	- up-right, conscientious people being		
	completed with 'wisdom'		1
	- The deed that has the up-right,		
	conscientious person retreated		1
	- 'Panya Vimutti'		2
	- 'Ariya' and 'correct words'		-3
	('samma vasa')		2
4.	Part (2)		
	'Excellent intellect way'		
	- Rejecting 'kilesa'		2
	- 'Nivarana' being based on 'lobha',		
	'dosa', and 'mauha'		3
	- The deed that should be eliminated and		
	forsaked		3
	- 'Ariyas' way of rejecting 'nivarana'		3
	- Rejecting 'nivarana' through		
	'sati pathana'		3
	- 'Vitaka, vicara' and 'kilesa'	Pi	3
	- The place where 'kilesa' is cut off		3
	- Making one free from 'kilesa'		3
201	- Alternative way for reduction of 'kilesa'		4
	- Bearing in mind and meditating 'maga'		
	deed repeatedly		4.
	- The main cause of appearance of 'nivarana'		100
	mvarana	10	4

Support of 'sati, sampajjhan' in			- Deeds
rejecting 'kilesa'	45		meditat
Desire for rejection of cause	48	5.	Part (3)
"Rejecting 'nivarana'", the main cause			'Excelle
of conceiving 'Four Nobel Truths'	48		- Bearing
Bearing in mind of consideration properly.			- Forsaki
the cause for rejecting 'nivarana'	49		- Lookin
Evil results of 'nivarana'	50		'intelled
'Kilesa'	52		- Investig
Filth of mind that should be rejected			through
before exercising the 'lokuttara' deed	53		- Investig
Attaining 'maga phala' through only			'dukkha
rejecting 'kilesa'	54		- Investig
Eliminating 'strong appetite'			('vinyar
('canda raga')	55		- Lookin
'Avijji' and 'vijja'	58		'kaya sa
A way to annihilation of 'tahna'	60		through
The deed that should be forsaked	61		- Looking
Being free from 'asavau' and 'loki', 'lokuttara	t.		(aggreg
maggan' deed	62		- Looking
Rejecting 'kilesa' and supports for 'lokuttara'	63		intellect
'Asavau'	64		- Looking
A way for being free from 'asavau'	65		through
'Kilesa kama'	66	= 200	- Looking
Practising 'sambojjhan' principles	67		dance w
Being completed with 'sambojjhan' deeds thr	ough	1	- Looking
'dhamma nupassana'	68		through
'Piti' and 'sukha'	70		- Looking
Completion with 'bojjhan' deed	72		through
The deed rejecting the 'tahna' remainings	74		- Investig
Oppostition between 'nivarana' deeds and 'bo		- About a	
principles	76		(main ca
Practice of 'bojjhan' principles	77	11 11 11	- Looking
'Indriyan'	78		'mauha'
			through

 Deeds needed for the sake of both knowing 	g and
meditating	80
Part (3)	
'Excellent 'maggan' deed'	
- Bearing in mind of consideration ('manasika	ra') 85
- Forsaking 'tahna' through 'anatta'	87
- Looking into rejection of 'tahna' through	
'intellect'	90
- Investigating 'vedana', 'tahna' and 'dukkha'	
through 'intellect' (1)	92
- Investigating 'vedana', 'tahna' and	
'dukkha' through 'intellect' (2)	94
- Investigation on appearance of mind	
('vinyana') through 'intellect'	96
- Looking into appearance of	
'kaya sankhara' and 'citta sankhara'	
through 'dhamma'	97
- Looking into appearance of five 'khandhas'	
(aggregates), the objects of meditation	98
- Looking into and considering 'vinyana' throu	igh
intellect	100
- Looking into and considering 'citta sankhara	ı'
through intellect	101
- Looking into and considering 'vinyana' in ac	cor-
dance with 'dhamma' principle	103
- Looking into and considering 'vedana'	
through 'intellect' (1)	106
- Looking into and considering 'vedana'	
through 'intellect' (2)	109
- Investigating 'wish' through intellect	110
- About appearance of 'tahna'	
(main cause of 'dukkha')	113
 Looking into rejection (of 'raga', 'dosa', 	
'mauha' causing passion for 'vedana')	
through intellect	114

- Bearing in mind and practising in every	
moment	117
- Investigating 'citta sankhara' and	
'manau sankhara' through intellect	119
- 'Maga' intellect	121
- Looking into rejecting 'avijja' and 'tahna'	
through intellect (1)	122
- Looking into rejecting 'avijja' and 'tahna'	
through intellect (2)	124
- Investigating through intellect on	
'having desire' and 'having no desire'	125
- Bearing in mind and looking into the truth	
of 'misery' ('dukkha') through intellect	126
Conclusion	130
Appendix	
- Deeds that have to be rejected	Andrews.
'Nivarana' (Appendix-A)	133
- Deeds that have to be completed and	
grown (Appendix-B)	135
'Seven sambojjhans'	
- Deeds that have to be grown	-
'Sampappadhana' (Appendix-C)	
(Four ordinance)	137
- Lokuttara maggan (Appendix-D)	138
- Deeds due to be rejected for	
'lokuttara maga, phala' (Appendix-E)	141
- 'Jhana' (Appendix-F)	143
- 'Samadhi' (Appendix-G)	144