

CONTENTS

GENERAL INTRODUCTION

page 5

INTRODUCTION

1 The meaning and purpose of Buddhist Meditation	11
2 Its range and principal divisions	13
3 The literary sources	24
4 The arrangement of the selections	27
5 Buddhist Meditation and Modern Psychotherapy	37

SELECTIONS

I Devotional Exercises 45

1 The Three Treasures	45
a. The Recollection of the Buddha	45
b. The Recollection of the Dharma	49
c. The Recollection of the Samgha	51
2 The Bodhisattva's example	52
3 Worship	56
4 A Note on Visions	59

II Mindfulness 62

1 The mindful awareness of the body	62
a. Bodily Postures, Attitudes and Behaviour	62
b. Breathing Mindfulness	65
2 The mindful awareness of mental processes	70
a. Feelings	70
b. The five hindrances	72
3 The repudiation of the sensory world	78
a. Guarding the senses	78
b. The control of the mind	83
c. Similes for the evils of sense-desires	85
4 The recollection of death	86
5 Distaste for the body, and its functions	95
a. The Thirty-two parts of the Body	95
b. The Repulsiveness of food	100
c. The Foul. The Corpses on the charnel field	103
6 The Goal (Nirvana). The recollection of Peace	107

<i>III Trance</i>	110
1 The practice of introversion	110
a. Withdrawal from the world	110
b. The eight stages of trance	113
2 The cultivation of the social emotions	118
a. Nine preliminary reflections on hate	118
b. Unlimited Friendliness	126
c. Unlimited Compassion	131
d. Unlimited Sympathetic Joy	132
e. Unlimited Evenmindedness	132
3 The evocation of deities	133
<i>IV Wisdom</i>	140
1 The four holy truths	140
a. The truth of ill	140
b. The sixteen aspects	142
2 The three marks of conditioned things	146
a. The 165 Considerations	146
b. The three marks defined	148
3 Survey of conditions	149
a. The range of conditioning	149
b. The automatic nature of conditioning	151
c. Conditioned co-production	152
4 Withdrawal from the world (the eight cognitions)	158
5 Emptiness	169
NUMERICAL LISTS	174
SOURCES	177
EDITIONS USED	179