

Contents

Preface / vii

1. MINDFUL MASTERY OF LIFE / 1

Experiencing, Acting, Knowing

Levels of Experiencing

Stream of Feelings

Joy and the Sense of Urgency

Emancipatory Wisdom

Matrices of Knowledge

Conditioned Arising

Wise Apprehension

2. STRATEGIES OF REALITY ANCHORING / 44

Truthfulness in Thinking and Speaking

Exercises in Mindfulness of Body

Reality Anchoring through Labeling

Mindfulness and Clear Comprehension in Action

Exercises in Clear Comprehension

The Value of Ritual

3. STRATEGIES OF SYMPATHY / 79

Cultivating the Ethical Basis

Uplifted States and Sympathetic Action

Exercises in Uplifted Experiencing

Joyful Community Life

4. STRATEGIES OF ECSTASY / 110

Concentration with Composure

Overcoming Disturbances to Concentration

Transforming Distractions into Supports of Concentration

Objects of Meditation: The Gates to Ecstasy

Stages of Concentration

Hindrances and Elements of Ecstasy

Concentration Exercises

Departure from the World of Mortality

5. STRATEGIES OF POWER / 152

Sicknesses of the Will: Impotence and Caprice

The Path of Seeing and the Path of Power

The Will: Intention, Resolve, Effort

The Four Magical Roads to Power

Satipatthāna-Vipassanā Exercises

The Conditioned Arising of Freedom

Appendix: Basic Concepts / 203

Notes / 205

Index of Technical Terms / 213

Index

- Abhiññā*, high experiential knowledge, 177
Abhiññāsiddhi, magical power of knowledge, 163, 176
Abhisamaya, liberational leap, 106, 190. See also *Samaya*
Abhisankhāra, directive formation, 35, 134, 161
Adhimokkha, resolve, 67, 131, 135, 159, 161
Ādinava, dangerous consequences, 182
Ahimsa, nonviolence, sympathy, 34
Akkheyyā, term, experiential unit, technique, 37–41, 125, 126, 147, 157–160, 169, 181, 182. See also *Upaya-kosalla*
Akusala, karmically unwholesome, suffering-producing, 33
Amanasikāra, withdrawal of attention, 182, 183, 184
Ānāpāna-sati, mindfulness of breathing, 46–54, 104, 122, 137–140, 176
Anattā, characterized by absence of essential identity, nonego, 39, 101, 108
Anicca, impermanence, 39, 99, 143, 178, 190
Āsava, neurotic motivation, 68, 165, 173, 190
Āsava-khaya, dwindling away of neurotic motivation, 200
Attha, purpose, meaning, 67, 103, 105, 121, 188, 191
Avijjā, ignorance, delusion, 33, 34, 149, 195, 197
Āyatana, base, sense base, 18, 34, 179, 180
Bala, power, mental power, 106, 130, 158
Bala magga, path of power, 121, 130, 158
Bhava, becoming, existence, 34
Bhāvanā, meditative unfolding, 32, 164
Bhūta, experiential element, living being, demon, 54, 55, 200. See also *Dhātu*; *Yathā-bhuta*
Brahma-vihāra, uplifted states, 86–88, 97, 101–102, 103–107, 122, 133
Cankamana, walking meditation, 58–61, 70, 122, 161–162, 175
Cetanā, intentionality (will), 83, 161
Cetasa, *ceto*, goal-oriented consciousness, 182, 187
Chanda, intention, 136, 159, 161, 166, 169, 179. See also *Kattu-kamyatā-chanda*
Citta, mind, state of consciousness, 79, 166, 169–171, 178, 182. See also *Viññāna*
Citta-khana, moment of consciousness, 145
Dāna, generosity, 34, 122, 167
Dānavatta, giving as an exercise, 122
Dassana-magga, path of seeing, 121, 158
Deva, deity, 122
Dhātu, element (earth, fire, water, air), 18, 54–56, 122
Dukkha, suffering, an unpleasant experience, all misery caused by *avijjā* and *tanhā*, 39, 83, 125, 143, 195, 197, 199
Ekaggatā, one-pointedness of mind, 118, 121, 130, 134, 139

Ekatta-āramanna, unitary image, 126, 137. See also *Nimitta*

Gocara, experiential domain, meditative sphere, 64, 65–66, 124

Hasita, smile, 186

Iddhi or *siddhi*, magical power, 163–166, 174. See also *Abhiññā*; *Pariññā*

Iddhipāda, road to power, 126

Iriyā-patha, physical posture, 56–58, 72

Jāti, birth, arising, 30

Jhāna, meditative absorption, 21, 83, 110, 121, 122, 123, 124, 127, 140, 142, 147, 148, 176

Jīvita, vitality, 18, 168

Kalyāna-mittata, noble friendship, 81–82

Kāma, sensuous existence, sensuality, 17

Kāmacchanda, sensual desire, 126. See also *Nīvaraṇa*

Kāma-rāga, sensual longing, 88

Kamma, karma, spiritual causation, 32, 79, 83, 99

Karuna, compassion, empathy, understanding, 87, 89–90, 98–100, 127

Kasina, *Nilā-kasina*, totality; blue totality, 122, 140–142

Kattu-kamyatā-chanda, intention to act, tendency, 88, 91–92, 93, 105, 137, 161, 166

Kāya-gatā-sati, mindfulness of body, 122, 134, 176

Kilesa, obscuration, mental defilement, pathology, 125–126, 149–150, 165

Vipassana-upak-kilesa, 167, 192

Kusala, karmically wholesome, 100

Loka, realm, psychotype, the experienced world, 22, 26

Mahaggata-citta, mind that has become great, 130

Manasikāra, attention, apprehension, noticing, 14, 35, 54–56, 118

Mandala, disk, 122, 141

Mantra, formula of devotion, 122

Marana, dying, death, 34, 145

Marana-sati, contemplation of death, 131, 143–147

Mettā, all-pervading kindness, love, goodwill, 79, 81, 87, 87–89, 92–98, 146–147, 160–163

Muditā, sympathetic joy, 87, 90, 98, 100–101

Nāma-rūpa, mind and body, 16, 46, 179, 195

Nāma-rūpa-pariccheda-ñāna, experiential knowledge of the distinction between *nama* and *rūpa*, 177

Ñāna-dassana, seeing knowledge, 158

Nibbidā, turning away, 189, 190, 200

Nimitta, mental image, 122, 180, 182, 192

Pari-kamma-, *uggaha*-, *patibhāga-nimitta*, 141–142

Nīvaraṇa, hinderances to mental culture (formations of *tanhā* and *avijjā*), 125–126, 127, 140, 146, 148, 165, 185

Paccavekkhanā, retrospection, reflection, 101–102, 147, 167

Padhāna, effort, liberational struggle, 153, 159, 161, 165, 175

Pahāna, overcoming, 163–164, 189

Pamojja, moderate joy, peacefulness, 201

Paññā, liberational knowledge, wisdom, 18, 24, 25–26, 27, 34, 38, 63, 79, 103, 157, 162, 173, 197

Papañca, manifoldness, 38, 66–67, 108, 113, 121, 123, 126, 147, 155, 190

Pariññā, experiential penetration, 163, 190 stages of penetration: *nata*-, *tirana*-, and *pa-hanā-parinna*, 189

Passaddhi, tranquillity, 21, 201

Paticca-samuppāda, conditional arising, 29, 34–35, 79, 154, 161, 172, 191, 194

Phassa, contact, sense-impression, 34, 179, 180

Pīti, joy, rapture, 19, 20, 71, 100, 111, 118, 124, 129, 137, 148, 193, 206n.9

Khuddhikā-pīti, etc., stages of joy, 20–21

Sāmisa- and *nirāmisa-pīti*, sensual and super-sensual enjoyments, 21

Rūpa, corporeality. See *Nama-rūpa*

Sabhāva-dhammā, real states, real things, 23, 40, 45, 122

Saddhā, confidence, trust, 19, 67, 83, 86, 105, 137, 153, 157, 162, 165, 199

Samādhi, concentration, 110, 111, 148, 149, 157, 200

stages of concentration: *parikamma*-, *upacāra-appanā-samādhi*, 123–124, 141–142

Samaya, occasion and liberational leap, 106, 190

Sāmisa, sensual, fleshy. See *Pīti*: *Sāmisa-pīti*

Sampajañña, clear comprehension, 47, 52, 63, 70, 87, 118, 155

- Samsāra*, world of change, cycle of suffering, 192
- Samvega*, sense of urgency, 190
- Sankhara*, formations, 33, 179. See also *Abhi-sankhara*
- Ayu-sankhara*, life formations, 18
- Sankhāra-upekkhā*, harmonization of all mental formations, 124
- Sappāya*, suitability, 106, 188
- Sati*, mindfulness, 4, 14, 25, 45, 63, 70, 81, 105, 118, 157, 163. See also *Kāya-gatā-sati*
- Satipatthāna*, foundations of mindfulness (*kāya*-, *vedanā*, *citta*-, and *dhammā-anupas-sanā*, contemplation of body, feeling, states of mind, and mental contents, 23–24, 71, 119)
- Satipatthāna-vipassanā*, mindfulness meditation, 108, 142, 174–178, 176, 181, 189–191, 191
- Sīla*, autonomous regulation, ethics, subjective basis, 64, 69, 77, 79, 82–85, 86, 102, 140, 147, 150, 157, 167, 174
- Silabbata*, behavioral sequence, ritual, 76–77, 114–115, 122
- Silabbata-parāmāsa*, clinging to rules, 77
- Sobhanna-citta*, beautiful, happiness-furthering consciousness, 101
- Sotāpatti*, stream-entry, 158, 191
- Sukha*, happiness, pleasant experience, 110, 120–121, 124, 129, 139, 200
- Suññata*, emptiness, 191–192
- Tanhā*, craving (as elaborated by greed, aggression, and delusion), 34, 154, 179, 187, 194–195, 197. See also *Nīvaraṇa*
- Tatra-majjhataṭṭā*, evenness, harmony, 130
- Ubbega*, arousing, uplifting, 18, 21
- Upādānā*, attachment, 34
- Upāya-kosalla*, right means, technique, 40–41, 68, 87, 115, 118, 121, 153
- Upekkhā*, equanimity, 67, 86, 87–88, 90–91, 97, 105, 127
- Vedanā*, feeling, experience, 14, 34, 154, 178, 194
- Vega*, energy impulse, 18, 21
- Vicāra*, discursive thinking, 124, 128, 137, 142
- Vicikicchā*, doubt, cynicism, 126, 162. See also *Nīvaraṇa*
- Vimamsā*, investigation, thorough reflection, 87, 91, 106, 113, 115, 135, 139, 166, 171–174, 190, 195
- Vimutti*, liberation, 30, 191, 200
- Viññāna*, consciousness, 34, 179, 195. See also *Citta*
- Alaya-vinnana*, storehouse consciousness, 134
- Viññati*, utterance, expression, 59, 186
- Vipāka*, effect, fruit of actions, 32–33, 101
- Vipassanā*, insight meditation, 123, 167, 173, 178, 195, 200
- Vipassanā-upak-kilesa*. See *Kilesa*
- Vipphārena*, vibration, 59
- Virāga*, disengagement, 190, 200
- Viriya*, willpower, 110, 143, 152, 157, 162, 166, 169, 181
- Visuddhi*, purification, 77, 163
- Vitakka*, apprehension by means of thought, thought-apprehension, 45, 124, 128, 135, 137, 142
- Vitakka-santhāna*, transformation of thought-apprehension, 182–189
- Viveka*, detachment, 110, 120, 124, 128, 139
- Yathā-bhuta*, rootedness in reality, 45
- Yoni*, matrix, 28–29, 126, 171, 194
- Yoniso manasikāra*, wise apprehension, 30, 32, 35–37, 38–43, 44, 45–46, 68, 87, 88, 100, 101, 105, 106, 113, 114, 118, 132, 155, 165, 171, 183, 197