

~ Delightful Place ~
**Whether in a village or forest, in a valley or on the plain -- Wherever
the arahants dwell is truly a delightful place.**

Abhidhamma in Daily Life

(English Version)

By

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The brief introduction of each recorded videos

1. Introduction to Abhidhamma

- Pali Canon (Tipiṭaka)
- Seven Abhidhamma Texts
- Authorship of Abhidhamma Texts
- Three Versions of Abhidhamma
- Scholars' Comments on Abhidhamma
- Abhidhamma in Sutta and Vinaya Piṭakas
- What is Abhidhamma?
- Sutta Vs Abhidhamma

Part – I (Citta)

1. Consciousness (Citta)

- History of Abhidhamma
- What is Abhidhamma?
- The Manual of Abhidhamma (Abhidhammatthasaṅgaha)
- Two Truths according to Sutta Piṭaka
- Two Truths according to Abhidhamma Piṭaka
- The Conventional Truth (sammuti Saccā) in Sutta Piṭaka
- The Conventional Truth (sammuti Saccā) in Abhidhamma Piṭaka

2. Consciousness (Citta)

- Two types of Conventional Truth
- Ultimate Truth (paramattha-saccā)
- Ultimate Truth in Mahāsatiṭṭhāna Sutta

- Difference Between Sutta Piṭaka & Abhidhamma Piṭaka
- Four Ultimate Truths (Paramattha-saccā)

3. Consciousness (Citta)

- Four Classes of Consciousness Classified by Way of Plane (bhūmi)
- Four Classes of Consciousness Classified by Way of Plane (bhūmi) – Three
- Types of World (SN 2:26) - Four Classes of Consciousness Classified by Way of nature (jāti) –
- Five Types of Feeling (vedanā)
- 54 Sense-sphere Cittas (Kāvacara-citta)
- 12 Unwholesome Consciousness - 8 Consciousness rooted in Greed
- What is Wrong View (diṭṭhi)?
- Five Types of Right View

4. Consciousness (Citta)

- Wrong View (Diṭṭhi)
- Different Stages of Greed (lobha) [AN 3:101]
- Is Craving For Nibbāna Bad? [SN 51: 15; AN 4:159]
- 8 Consciousness rooted in Greed
- What is Hatred (dosa)?
- 2 Consciousness rooted in Hatred

5. Consciousness (Citta)

- Different Stages of Craving (tañhā)
- 2 Consciousness rooted in Hatred
- Different Degree of Anger (dosa) [AN 3:132]
- How to remove Resentment (AN 5:161)
- What is Delusion (moha)?
- 2 Consciousness rooted in Delusion
- Doubt (vicikicchā) and Restlessness (uddhacca)

6. Consciousness (Citta)

- Delusion/Ignorance is Forerunner (SN 45:1)
- How to remove Three Unwholesome Roots
- What are the Roots (hetu)
- 18 Rootless Consciousness
- Where does our mind come from?
- Mind Process (Sutta Piṭaka/ Abhidhamma Piṭaka)

7. Consciousness (Citta)

- Understanding the Ownership of Kamma
- 18 Rootless Consciousness
- 7 Unwholesome-Resultant Consciousness
- 8 Wholesome-Resultant Rootless Consciousness

8. Consciousness (Citta)

- 3 Rootless Functional Consciousness
- 59/91 Beautiful Consciousness (sobhana-citta)
- 24 Sense-sphere Beautiful Consciousness (kāmāvacara-sobhana-citta)
- 8 Sense-sphere Wholesome Consciousness (mahākusala-citta)
- Knowledge (ñāṇa) [MN 9]

9. Consciousness (Citta)

- Ten Bases of Meritorious Deed
- Buddhist Attitude of Dana
- Recipients of our Dāna
- Three Factors of the Donor
- Three Factors of the Recipient
- What is morality (sīla)?
- Two Aspects of morality
- Four Types of Sīla
- Uposatha (Observance Day)
- Respect and Service are included in morality

10. Consciousness (Citta)

- Ten Bases of Meritorious Deed (Part II)
- Five Benefits of Listening to the Dhamma
- Five Benevolent Attitudes of the Dhamma Speaker
- Straightening out one's views (diṭṭhijukamma)
- What is Meditation?
- What is Samatha (Serenity)?

11. Consciousness (Citta)

- What is Vipassanā?
- Sense-sphere Wholesome Samatha & Vipassanā Cittas
- Buddhist Kamma Theory [AN 3:100, AN 3:61]
- 8 Sense-sphere Resultant Consciousness

12. Consciousness (Citta)

- 8 Sense-sphere Functional Consciousness (kiriya citta)
- The Nature of Functional Consciousness
- The nature of Arahants and the Buddhas

13. Consciousness (Citta)

- The Nature of Functional Consciousness (kiriya citta)
- 24 Sense-sphere Beautiful Consciousness
- 54 Sense-sphere Consciousness (Kāmāvacara Cittas)
- Higher Teachings (Jhāna, magga and phala)
- 27 Jhāna Consciousness
- 15 Fine-material-sphere Consciousness
- Definition of Jhāna
- Five Hindrances (nīvaraṇa)

14. Consciousness (Citta)

- The Nature of Jhāna
- Jhāna in Sutta Piṭaka
- 15 Fine-material-sphere Consciousness
- Five Jhāna Factors
- Five Fine-material-sphere Wholesome Consciousness
- The First Jhāna
- The Five kinds of Mastery

15. Consciousness (Citta)

- General Features of 1st Jhāna
- The second jhāna
- The third jhāna (the second jhāna in Sutta Piṭaka)

16. Consciousness (Citta)

- The Nature of Rapture or Joy (pīti)
- Five Grades of Rapture (pīti)
- The Third Jhāna
- The Fourth Jhāna
- The Fifth Jhāna

17. Consciousness (Citta)

- Immaterial-sphere Consciousness
- Four Immaterial-sphere Wholesome Consciousness

- Immaterial-sphere Jhānas
- Kasiṇa Meditation Method
- Earth Kasiṇa Meditation

18. Consciousness (Citta)

- Four Immaterial Jhānas
- The Cessation of Perception and Feeling (saññā-vedayitaniroda) or The cessation attainment (nirodhasamāpatti)
- 27 Jhāna Consciousness
- 81 Mundane Consciousness (Lokiya Citta)
- 8 Supramundane Consciousness (Lokuttara Citta)
- The Path and the Fruition

19. Consciousness (Citta)

- 4 Types of Path Consciousness
- Who is Sotāpanna?

20. Consciousness (Citta)

- Three Types of Sotāpanna
- The Four Factors of Sotāpanna
- Four Factors For Attaining Stream-entry
- Once-returner (sakadāgāmi)
- Non-returner (anāgāmi)
- Arahant (araha)
- Why No Functional Consciousness in Lokuttara?

21. Consciousness (Citta)

- 89 cittas
- 40 Supramundane Consciousness (Lokuttara Citta)
- 121 cittas

II. Part 2

1. Mentor Factor (Cetasika)

- Four Ultimate Truths (paramatta Saccā)
- Meaning and Characteristics of Cetasika 52 Mental Factors
- 7 Universals Cetasikas
- Contact (phassa)
- Feeling (vedanā)
- Perception (saññā)

- Volition (Motivation) (cetanā)
- One-pointedness (ekaggatā)
- Life faculty (jīvitindriya)
- Ātman, Inner-self, Sou
- Attention (manasikāra)

2. Mentor Factor (Cetasika)

- Six Occasionals
- Thought / initial application (vitakka)
- Right Intention (Sammāsankappa)
- Examination / Sustained application (vicāra)
- Decision (adhimokkha)
- Energy / Effort (vīriya)
- Zest / pleasurable interest (pīti)
- Desire (chanda)
- Fourteen Unwholesome Mental Factors
- Delusion (moha)
- Shamelessness (ahirika)
- Fearlessness of Wrong-doing (anottappa)
- Restlessness (uddhacca)
- Greed (lobha)
- Different Stages of Craving
- Is Craving For Nibbāna Bad?

3. Mentor Factor (Cetasika)

- Wrong View (Ditṭhi)
- Different Types of Wrong View
- Conceit or egocentric comparison (Māna)
- Hatred (Dosa)
- Active anger & Passive anger
- How to Control Your Anger
- Envy (issā)
- Avarice (Macchariya)
- Five types of avarice (5:254)

4. Mentor Factor (Cetasika)

- Remorse (kukkucca)
- Sloth (thina) & Torpor (middha)
- How to remove Drowsiness (AN 7:61)
- Doubt (vicikicchā)

5. Mentor Factor (Cetasika)

- 25 - Beautiful Mental Factors
- 19 - The Universal Beautiful Factors
- Faith (Saddhā): the Blind Faith & the Real Faith
- Mindfulness, Recollection (sati)
- Balancing Faculties
- Moral shame (Hiri) & Moral dread (Ottappa)

6. Mentor Factor (Cetasika)

- Non-Greed (alobha)
- Renunciation and Letting Go
- Non-hatred (adosa)
- loving-kindness And Compassion
- Four Types of Retreat
- Neutrality of the Mind (Tatramajjhataṭṭā)
- How to balance the mind in the ups and downs of life
- Twelve common Criteria of a beautiful mind

7. Mentor Factor (Cetasika)

- Three Abstinenes (viratī)
- Two Types of Sīla
- Right Actions (Sammākammata)
- Right Speech (Vacīkamma)
- Five Courses of Speech
- Six Types of Speech (MN 58)
- Right Livelihood (Sammāājīva)
- Five Types of Wrong Livelihood (AN 5:177)
- Three Types of viratī

8. Mentor Factor (Cetasika)

- The Four Illimitable (appamaññā)
- Why Only Two The Illimitable In Abhidhammatthasaṅgaha
- Loving-kindness (Mettā)
- Three Types of Mettā
- Putting Mettā into Practice
- The Eleven Benefits of Developing Mettā
- Compassion (Karuṇā)
- Enemies of Compassion (Karuṇā)
- Loving-kindness Vs Compassion

9. Mentor Factor (Cetasika)

- Altruistic Joy (muditā)
- Enemies of Altruistic Joy
- Equanimity (upekkhā)
- How to put Equanimity into practice in our life
- A Stabilizing Factor
- Different Functions of Four Sublime States (Brahmavihara)
- Characteristics of Four Brahmavihāra
- The Faculty of Wisdom (paññidriya)
- Different Levels of Wisdom

10. Mentor Factor (Cetasika)

- Association of Mental Factors (Sampayoga-naya)
- Seven methods of Association in Thirteen Common to the other (aññasamāna) mental factors
- Five methods of Association in Fourteen Unwholesome Mental factors

11. Mentor Factor (Cetasika)

- Four Methods of Association of 25 Beautiful Mental Factors
- Question On Amoha (paññā)
- Eleven Unfixed Adjuncts (aniyata-yogī)
- Combinations With Mental Factors (Sangaha-naya)
- Five Methods of Combinations in Supramundane Mental Factors

12. Mentor Factor (Cetasika)

- Five Methods of Combinations in 27 Sublime Mental Factors
- Twelve Methods of Combinations in 24 Sense-sphere Beautiful Mental Factors

13. Mentor Factor (Cetasika)

- Seven Methods of Combinations in Twelve Unwholesome Mental Factors
- Four Methods of Combinations in 18 Rootless Mental Factors

III. Part 3

1. The Miscellaneous (Pakiṇṇaka)

- Six Sections in Pakiṇṇaka (The Miscellaneous)
- Analysis of 89 cittas by way of Feeling

2. The Miscellaneous (Pakiṇṇaka)

- Analysis of Cittas by way of Roots (hetu)
- Six Types of Roots
- Classifications of cittas with Roots
- Analysis of Cittas by way of Functions (kicca)
- Fourteen Functions of the mind
- Rebirth-linking (patisandhi)
- Life-continuum (bhavanga)
- Death (cuti)

3. The Miscellaneous (Pakiṇṇaka)

- Mind process and functions of the mind
- Adverting (āvajjana)
- Seeing (dassana) hearing (savana) etc.
- Receiving (sampaṭicchana)
- Investigating (santīraṇa)
- Determining (votthapana)
- Impulsion (Javana)
- Retentive (tadārammaṇa)
- Classifications of the cittas By Numbers of Functions

4. The Miscellaneous (Pakiṇṇaka)

- Six Doors (dvāra)
- 46 Cittas in the Eye Door (Ear Door etc.)
- 67 Cittas in the Mind Door
- 19 Door-Free Cittas

5. The Miscellaneous (Pakiṇṇaka)

- Six Doors (dvāra) and Cittas pertained to them
- By Numbers of Doors
- Six Objects (ārammaṇa)
- Cittas + Objects + Times

6. The Miscellaneous (Pakiṇṇaka)

- Cittas and their objects
- Six bases (vatthu)
- The Base of the mind (hadaya-vatthu)

7. The Miscellaneous (Pakiṇṇaka)

- Six types of Bases
- The Base of mind (hadaya-vatthu)
- The Base of our Mind: Heart or Brain?
- The classification of Bases by Way of Realms
- Seven Consciousness Elements (viññāna-dhātu)
- The classification of Bases by Way of Consciousness

IV. Part 4

1. Mind Process (Vīthi)

- What is Mind Process (Vīthi)?
- A Simple Example of Mind Process in Suttas
- Circle of Life (bhavacakka) or Samsara
- The nature of Cognitive Process
- Mind Process (Vīthi-citta) and Process-free (vīthimutta)
- The Six Sets of Six (Contents of Chapter Four)
- Six Types of Consciousness
- The Six Cognitive Processes
- Conditions for Eye-door Cognitive Process
- Conditions for Ear-door Cognitive Process
- Conditions for Nose-door Cognitive Process
- Conditions for Tongue-door Cognitive Process
- Conditions for Body-door Cognitive Process
- Conditions for Mind-door Cognitive Process
- The Six-fold Presentation (occurrence) of Objects (CMA – 153)
- The Eye-door Process
- The Mind-door Process

2. Mind Process (Vīthi)

- Life-span of the Mind
- The Speed of the Mind
- Life-span of the Matters
- Four Presentations of Objects at Five-door Processes
- 15 Presentations of Objects at Eye-door Process
- 75 Presentations of Objects at Five-door Processes
- Very Great Object (atimahanta)
- Great Object (mahanta)
- The Light Object (paritta)
- The Very Light Objects (atiparitta)
- Two Presentations of Objects at Mind-door Process
- Two Types of Mind-door Process (CMA – 152, 164)
- The Mind-door Processes

3. Mind Process (Vīthi)

- Jhana Cognitive process
- Path (magga) and Fruition (phala) Cognitive processes

4. Mind Process (Vīthi)

- Cessation Attainment (nirodha-samāpatti) Cognitive processes
- Six Kinds of Direct Knowledge (chaḷābhiññaṇa)
- Direct Knowledge (abhiññaṇa) Cognitive processes
- Procedure of Javana (javana-niyama)
- Correlation Between Sense-sphere Javana & Appanā Javana

5. Mind Process (Vīthi)

- Correlation Between Sense-sphere Javana & Appanā Javana
- Three Types of Objects
- The Procedure of Retention (tadārammaṇa)
- The law of Retention (tadārammaṇa)
- Javana Vs Retention
- Guest Bhavanga

6. Mind Process (Vīthi)

- Analysis of cittas By Way of Individuals
- Analysis of cittas By Way of Plane

V. Part 5

1. The Process-freed (Vīthimutta)

- What is the Process-freed (vithimutta)?
- Buddhist Attitude to 31 planes of existence
- The World system and Universe in the Buddhist Literatures
- The beginning and the end of the world

2. The Process-freed (Vīthimutta)

- Four Woeful Planes (Apāya)
- Hell (Purgatory) in Buddhism
- Eight Great Hells
- The Animal Realm
- Petas Realms
- Stories of Petas

3. The Process-freed (Vīthimutta)

- The host of Asūrā
- 7 Sensuous Blissful Planes
- Human Realm
- Six Heavenly Realms
- Four Types of Kappa

4. The Process-freed (Vīthimutta)

- 20 Brahma Realms
- Life Span of Brahmas and
- The method to calculate their lifespan

5. The Process-freed (Vīthimutta)

- Four Types of Rebirth-linking (paṭisandhicatukka)
- Four Types of Kamma (kammacatukka)
- What actually is Kamma?
- Kamma Vs Functional Activities (kiriya)

6. The Process-freed (Vīthimutta)

- Four Types of Kamma By Order of Ripening
- Four Types of Kamma By Time of Ripening
- Four Types of Kamma By Place of Ripening

7. The Process-freed (Vīthimutta)

- Four Types of Kamma By Order of Ripening
- Ten Unwholesome Kamms
- Three Bodily Unwholesome Actions according to Pali Canon and Commentaries

8. The Process-freed (Vīthimutta)

- Taking intoxicants (surāmeraya)
- Four Verbal Actions (vacīkamma)
- Telling lie (musāvāda)
- Slandering (pisuṇavācā)
- Harsh speech (pharucavācā)

9. The Process-freed (Vīthimutta)

- Frivolous talk (samphappalāpa)
- Unbeneficial and worthless talks
- Five Courses of Speech (MN 21)
- Five Criteria of Speech (MN 21)

10. The Process-freed (Vīthimutta)

- Six Types of Speech
- What is while lie? Is it harmful to use it?
- Mind is Forerunner of everything
- Three Mental Actions (manokamma)
- Covetousness (abhijjhā)
- Ill will (vyāpāda)

11. The Process-freed (Vīthimutta)

- Wrong View (micchādiṭṭhi)
- Three types of pernicious wrong views
- Three roots of Unwholesome Kamma
- Wholesome Kamma
- Three Bases of Meritorious Deed (puññakiriyavatthu)

12. The Process-freed (Vīthimutta)

- Straight view (diṭṭhijukamma)
- Sense-sphere Kamma
- Fine-material Kamma
- Immaterial Kamma
- Results of Kamma
- Superior & Inferior Wholesome Kamma

13. The Process-freed (Vīthimutta)

- Kamma and its Results
- Superior & Inferior Wholesome Kamma
- Fine-material-sphere Kamma
- Immaterial-sphere Kamma
- Four Causes of Death (CMA - 220)
- The Signs at the Time of Death
- The Mind at the Time of Death (CMA - 221)

14. The Process-freed (Vīthimutta)

- Death and Rebirth-linking
- Death Cognitive Process
- Rebirth-linking Process
- Objects of Rebirth Consciousness
- The Continuity of Citta
- The Wheel of Saṃsāra
- Cutting off Saṃsāra

VI. Part 6

1. The Matter (rūpa)

- The definition of Matter (Rūpa)
- Contents in the Sixth Chapter (Rūpa)
- 28 matters
- The four great essentials (Four Great Elements)
- Meditation on Four Great Elements
- Derived material phenomena (upādā rūpa)
- Five Sensitive Phenomena (pasāda rūpa)
- Seven Objective Phenomena (Gocara rūpa)

2. The Matter (rūpa)

- Material Phenomena of Sex (bhāva-rūpa)
- Heart Base (hadaya-hatthu)
- Heart & Brain - Life Faculty (jīvitindriya)
- Material Phenomena That Spread All Over the Body
- Nuriment (āhāra)
- 18 Concrete Matters (nipphanna-rūpa) / Real Rūpas
- 10 Non-concrete Matters (anipphanna-rūpa) / Not real Rūpas
- Space Element (ākāsadhātu)
- Communicating Phenomena (Viññatti-rūpa)
- Mutable Material Phenomena (Vikāra-rūpa)
- Four Characteristics of Matter (lakkhaṇarūpa)

3. The Matter (rūpa)

- 2. Classification of Matter (Kammavibhāga)
- Rootless (ahetuka)
- With conditions (sappaccaya)
- Subject to taints (sāsava)
- Conditioned (sankhata)
- Mundane (lokiya)
- Pertaining to the sense

- sphere (kāmā-vacara)
- Objectless (anārammaṇa)
- Not to be abandoned (appahātabba)
- Internal (ajjhattika) & External (bāhira)
- Base (vatthu) & Non-base (avatthu)
- Doors (dvāra) & Non-doors (advāra)
- Faculties (indriya) & non-faculties (anindriya)
- Gross (oḷārika), proximate (santike), impinging (sappaṭigha)
- Subtle (sukhuma), distant (dūre), and non-impinging (appaṭigha)
- Clung-to (upādinna) & not clung-to (anupādinna)
- Visible (sanidassana) & non-visible (anidassana)
- Material phenomena that take objects (gocaraggāhika) & Material phenomena that cannot take objects (agocaraggāhika)
- Material phenomena that are inseparable (avinibbhoga-rūpa) & material phenomena that are separable (vinibbhoga-rūpa)
- 3. The Origination of Matter (Kammasamuṭṭhāna)
- Matters Born of Kamma

4. The Matter (rūpa)

- 18 Matters Born of Kamma (CMA - 247)
- Matters Born of Citta (CMA – 247-248)
- Matters Born of Temperature (utu) (CMA – 250)
- Matters Born of Nutriment (āhāra) (CMA – 250)
- Analysis By Way Of Origins

5. The Matter (rūpa)

- 4. Grouping of Matters (Rūpa-kalāpa)
- 21 Groups (kalāpa)
- 9 Groups Produced by Kamma
- 6 Groups Produced by Citta
- 4 Groups Produced by Temperature (Utu)
- 2 Groups Produced by Nutriment
- The Internal (Animate) Vs The External (Inanimate) rūpas
- Matters Not Constituted in the Groups (kalāpavimutti)
- 5. The Occurrence of Matters (Rūpa-pavattikkama)
- Four Kinds of Birth
- Matters In the Sensuous World
- At the Time of Rebirth-linking
- At the Time of Conception
- The Continuity Of Matters (CMA – 256)

6. The Matter (rūpa)

- The Last Occurrence of Kamma-born Matters
- The Last Occurrence of Consciousness-born Matters
- The Last Occurrence of Nutriment-born Matters
- The Last Occurrence of Temperature-born Matters
- The Continuity Of Matters; Material Process (rūpavīthi)
- Matters In The Fine-material World
- Matters In The Non-percipient Realm
- Matters Available in Each Realms
- Nibbāna (CMA – 258)

VII. Part 7

1. Compendium of Categories (samuccaya)

- The Seventy-two Ultimate Realities
- Compendium of the Unwholesome
- Four Taints (āsava)
- Four Floods (ogha)
- Four Bonds (yoga)
- Four Kinds of Bodily Knots
- Four Types of Clinging (upādāna)

2. Compendium of Categories (samuccaya)

- Six Hindrances (nīvaraṇa)
- Seven Latent Dispositions (anusaya)
- Ten Fetters (saṃyojana)
- Ten Defilements (kilesā)
- Three Types of Defilement

3. Compendium of Categories (samuccaya)

- Compendium of Mixed Categories
- Six Roots (hetu)
- Seven Jhāna Factors (jhānaṅga)
- Twelve Path Factors (maggaṅga)
- Twenty-two Faculties (indriya)

4. Compendium of Categories (samuccaya)

- Nine Powers (bala)
- Four Predominates (adhipati)
- Four Nutriments (āhāra)

- Compendium of Requisites of Enlightenment
- 37 Requisites of Enlightenment (Bodhipakkhiya)
- Four Foundations of mindfulness
- Contemplation of the Body
- Contemplation of the Feeling

5. Compendium of Categories (samuccaya)

- Contemplation of the mind
- Contemplation of phenomena
- Four Right Efforts (sammappadhāna)
- Four Means to Accomplishment (iddhipāda)
- Five Faculties (indriya)
- Five Powers (bala)
- Seven Factors of Enlightenment (bojjhaṅga)
- The Eight Path Factor (magganga)

6. Compendium of Categories (samuccaya)

- Compendium of the Whole (sabباسangaha)
- Five Aggregates (khandhā)
- Five Aggregates of Clinging (upādānakkhandhā)
- The Twelve Sense Bases (āyatana)

7. Compendium of Categories (samuccaya)

- The Eighteen Elements (dhātu)
- Four Noble Truths (saccā)

VIII. Part 8

1. Compendium of Conditionality (Paccaya)

- Three things to know about Conditionality
- Twofold Conditionality
- Teachings on Causality In Buddhism
- Dependent Origination (Paticcasamuppāda)
- History of Dependent Origination
- A Short Formula of Dependent Origination
- The Wheel Of Life (Bhavacakka)
- Three Periods of Time (addha)
- What is Ignorance (Avijjā)?
- “Dependent on ignorance (avijjā), the volitional formations (saṅkhāra) arise.”
- Three types of saṅkhāra

2. Compendium of Conditionality (Paccaya)

- Three types of Saṅkhāra
- With Volitional formations as condition, consciousness (viññāṇa) come to be.
- With consciousness (viññāṇa) as condition, Mind-and-matter (nāma-rūpa) (come to be).
- Dependent on the Mind and body, the six sense-bases (saḷāyatana) arise.
- Dependent on the six sense-bases, contact (phassa) arises.
- Dependent on contact (phassa), Feeling (vedanā) arises.”
- With Feeling (vedanā) as condition, Craving (taṇhā) comes to be.
- Three types of Craving

3. Compendium of Conditionality (Paccaya)

- Underlying Tendency (anusaya)
- With craving (taṇhā) as condition, Clinging (upādāna) (comes to be)
- Two Levels of Attachment
- Four Types of Clinging (upādāna)
- Defilements (kilesā)
- With clinging (upādāna) as condition, Existence (bhava) (comes to be)
- Two Kinds of Existence (bhava)
- With the Existence (bhava) as condition, Birth (jāti) (come to be)
- With birth (jāti) as condition, ageing-and-death (jarā-maraṇa) etc.

4. Compendium of Conditionality (Paccaya)

- Twelve Factors or Links (āṅga)
- Three Periods of Time
- Three Connections (sandhi)
- The Four Groups
- Three Round (vaṭṭa)
- Beginningless Saṃsāra
- Cessation of Suffering (SN 12:43)
- Cessation Formula
- No Creator God Can Be Found (Visuddhimagga, XIX)
- Dependent Origination Vs Four Noble Truth
- Paṭiccasamuppāda Vs Dhamma

5. Compendium of Conditionality (Paccaya)

- Conditional Relations (Paṭṭhāna)
- Teachings on Causality in Buddhism
- No Creator God is accepted in Buddhism
- Three Things To take note in Paṭṭhāna
- Twofold Conditionality (paccaya)

- The Twenty-four Conditions
- Six-fold Relations
- 1: Root Condition (hetu)

6. Compendium of Conditionality (Paccaya)

- 2: Object Condition (ārammaṇa)
- 3: Predominance Condition (adhipati)
- 4: Proximity Condition (anantara)
- 5: Contiguity Condition (samanantara)

7. Compendium of Conditionality (Paccaya)

- Conditional Relations (Part - 3)
- 6: The Co-nascence condition (sahajāta)
- 7: The Mutuality Condition (aññamañña)
- 8: The Support Condition (nissaya)

8. Compendium of Conditionality (Paccaya)

- Support Condition (nissaya)
- Decisive support Condition (upanissaya)
- Pre-nascence Condition (purejāta)

9. Compendium of Conditionality (Paccaya)

- Post-nascence Condition (pacchājāta)
- Repetition Condition (āsevana)
- Kamma Condition (kamma)

10. Compendium of Conditionality (Paccaya)

- The Result Condition (vipāka)
- The Nutriment Condition (āhāra)
- The Faculty Condition (indriya)
- The Jhāna Condition (jhāna)
- The Magga Condition (magga)

11. Compendium of Conditionality (Paccaya)

- Association Condition (sampayutta)
- Dissociation Condition (vippayutta)
- Association Vs Dissociation
- Presence Condition (atthi)

- Absence Condition (natthi)
- Disappearance Condition (vigata)
- Non-disappearance Condition (avigata)

12. Compendium of Conditionality (Paccaya)

- The Synthesis of Conditions (CMA, VIII, §27)
- Co-nascent Matters
- Analysis of Conditions By Way of Period
- Analysis of Conditions By Way of Internal & Eternal
- Analysis of Conditions By Way of The Conditioned & Unconditioned
- By Way of Nāma & rūpa
- Concept (paññatti)
- Concepts-as-meanings (attha-paññatti)
- Concepts-as-names (nāma-paññatti)

VIII. Part 9

1. Compendium of Meditation Objects (Kammaṭṭhāna)

- Kammaṭṭhāna = Your place of work
- Definition of Meditation
- Meditation (bhāvana) in Buddhism
- Samatha = Serenity
- Vipassanā = Insight

2. Compendium of Meditation Objects (Kammaṭṭhāna)

- Abhidhammattha-saṅgaha & Visuddhimagga
- Forty Types of Meditation
- Six Types of Temperament (CMA, IX, §3)
- Three kinds of Bhāvanā (CMA, IX, §4)
- Three kinds of Signs (Nimitta)
- Ten Kasiṇa Meditation Methods (CMA, IX, §6)
- Earth Kasiṇa Meditation (Vism IV, 24-26)

3. Compendium of Meditation Objects (Kammaṭṭhāna)

- Kasiṇa meditation Methods (Vism V, 2-3)
- The Kinds of Meditation on Foulness = asubha-bhāvanā (CMA, IX, §7)
- The Ten Recollections (CMA, IX, §8)

4. Compendium of Meditation Objects (Kammaṭṭhāna)

- Recollection of Death

- the body-related mindfulness (kāyagatāsati)
- Mindfulness of Breathing (ānāpānassati)
- The Recollection of peace (upamānussati)
- The Four Illimitable (appamaññā)

5. Compendium of Meditation Objects (Kammaṭṭhāna)

- The perception of the loathsomeness in food (āhāre paṭikūlasaññā)
- Purpose of Eating Food
- The analysis of the four great elements (catudhātu-vavatthāna)
- Four Immaterial-sphere Jhānas
- The Five kinds of Mastery

6. Compendium of Meditation Objects (Kammaṭṭhāna)

- By Way of the Three Stages (CMA,IX,§14)
- By Way of Jhāna (CMA,IX,§15)
- By Way of the Signs (CMA,IX,§16)
- Appearance of the Signs (CMA,IX,§17)
- Attainment of Jhāna (CMA,IX,§18)
- The Immaterial Attainments (CMA,IX,§19)
- Direct Knowledge (CMA,IX,§21)
- Five Types of Direct Knowledge

7. Compendium of Meditation Objects (Kammaṭṭhāna)

- Seven Stages of Purification
- Three Characteristics of the World (tilakkhaṇa)
- Ten Kinds of Insight Knowledge
- Ten Corruptions of Insight
- Attainment of the Path (magga-vīthi)
- Seven stages of sainthood

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