

perspective of the body, from feelings, from states of consciousness, and from *dharmas* (generally translated as "mental objects").

Table 1 lists the seven stages of purification and some of the essential practices that when cultivated enable us to realize each of the purifications. The correlation of the stages of purification with the practices discussed in the *Mahasatipatthana Sutta* is not described in the *Visuddhimagga* or in the *Mahasatipatthana Sutta* itself. This precise application of individual practices to the stages of purification developed out of my experience in working with meditation students over the years.

The realization of each stage of purification naturally leads to the unfolding of the next. During the purification process we

TABLE 1
STAGES OF PURIFICATION AND RELATED PRACTICES

Stage of Purification	Related Practices
1. Purification of virtue	Ethical principles of living
2. Purification of mind	Development of concentration
3. Purification of view	Initial insight training
4. Purification by overcoming doubt	Mindfulness of the body and feelings
5. Purification by knowledge and vision of what is the path and what is not the path	Mindfulness of consciousness and dhammas
6. Purification by knowledge and vision of the way	Choiceless awareness
7. Purification by knowledge and vision	Focus on impermanence, unsatisfactoriness, or selflessness as a doorway to the unconditioned

as a consequence of purifying our virtue and mind, and by applying the principles of insight meditation to the observation of our breath.

TABLE 3

THE SIXTEEN INSIGHT KNOWLEDGES

1. The knowledge of the delimitation of mind and matter
2. The knowledge of conditionality
3. The knowledge of comprehension
4. The knowledge of arising and falling away
5. The knowledge of dissolution
6. The knowledge of the fearful
7. The knowledge of danger
8. The knowledge of disenchantment
9. The knowledge of desire for deliverance
10. The knowledge of re-observation
11. The knowledge of equanimity toward formations
12. The knowledge of conformity with truth
13. The knowledge of change of lineage
14. The knowledge of the path
15. The knowledge of fruition
16. The knowledge of reviewing

TABLE 5

THE THIRTY-SEVEN FACTORS OF ENLIGHTENMENT

The four foundations of mindfulness

- Mindfulness of the body
- Mindfulness of feelings
- Mindfulness of consciousness
- Mindfulness of mental objects (dhammas)

The four right efforts

- The effort to prevent unskillful mental states from arising
- The effort to eliminate unskillful mental states that have already arisen
- The effort to cultivate skillful mental states
- The effort to sustain skillful mental states that have already arisen

The four means to the accomplishment of the Buddha's teaching

- Wholesome desire
- Energy
- Consciousness
- Investigation

The five spiritual faculties that need to be in balance

- Faith or confidence
- Energy
- Mindfulness
- Concentration
- Wisdom

The five powers unshakable by their opposites

- Faith or confidence
- Energy
- Mindfulness
- Concentration
- Wisdom

The seven factors of enlightenment

(from the *Mahasatipattbana Sutta*)

- Mindfulness
- Investigation of dhammas
- Energy or effort
- Rapture or joy
- Tranquillity
- Concentration
- Equanimity

The eight path factors

- Right view
- Right intention
- Right speech
- Right action
- Right livelihood
- Right effort
- Right mindfulness
- Right concentration