


Contents



Foreword	xi
Preface	xv
Acknowledgments	xvii
The Path of Purification	1
<i>The Unfolding of Awareness</i>	3
<i>The Seven Stages of Purification</i>	4
<i>The Framework Provided by the Four Noble Truths</i>	7
Purification of Virtue	11
<i>Observing the Precepts</i>	14
<i>Engaging in Right Forms of Livelihood</i>	22
<i>Cultivating a Wise Attitude Toward Material Goods</i>	24
<i>Guarding the Sense Doors</i>	26
Purification of Mind	31
<i>Levels of Concentration</i>	34
<i>Practicing Mindfulness of Breathing for Concentration</i>	35
<i>The Mental Factors Associated with the First Jhana</i>	46

Purification of View	51
<i>Principles of Insight Meditation</i>	54
<i>The Assurance of Attainment</i>	59
<i>Practicing Mindfulness of Breathing for Insight</i>	60
<i>Working with the Five Hindrances</i>	64
<i>Knowledge of Delimitation of Mind and Matter</i>	69
Purification by Overcoming Doubt	71
<i>Mindfulness of the Body</i>	73
<i>Mindfulness of Feelings</i>	87
<i>Knowledge of Conditionality</i>	93
Purification by Knowledge and Vision of What Is the Path and What Is Not the Path	95
<i>Mindfulness of Consciousness</i>	99
<i>Mindfulness of Dhammas</i>	103
<i>Knowledge by Comprehension</i>	134
<i>The Initial Phase of the Knowledge of Arising and Passing Away</i>	135
<i>The Ten Corruptions of Insight</i>	135
Purification by Knowledge and Vision of the Way	139
<i>Remaining Present with Choiceless Awareness</i>	142
<i>The Mature Phase of the Knowledge of Arising and Passing Away</i>	143
<i>The Knowledge of Dissolution</i>	145
<i>The Knowledge of the Fearful</i>	145
<i>The Knowledge of Contemplation of Danger</i>	146

<i>The Knowledge of Disenchantment</i>	147
<i>The Desire for Deliverance</i>	148
<i>The Knowledge of Re-observation</i>	149
<i>The Knowledge of Equanimity Toward Formations</i>	150
<i>The Knowledge of Conformity with Truth</i>	151
Purification by Knowledge and Vision	155
<i>The Insight Leading to Emergence</i>	157
<i>The Change of Lineage</i>	158
<i>The Path Knowledges</i>	159
<i>The Fruition Knowledges</i>	164
<i>The Knowledge of Reviewing</i>	164
<i>Reaching the Higher Paths and Fruition Attainments</i>	165
Living an Enlightened Life	167
Bibliography	171
Index	173
About the Author	181