
THE PROGRESS OF INSIGHT

A TREATISE ON
SUDHARTANA'S MEDITATION

The American
Meditation Society

Progress of Insight: Treatise on Buddhist Satipathana Meditation

Mahasi Sayadaw

on the request of various scholars who had acquired advantages from him, the Venerable Mahasi Sayadaw wrote a treatise in volumes on perception or vipassana meditation. This small e-book from the Buddhist e-book Society comprises the 1st quantity of that work, during which Ven. Mahasi Sayadaw describes the seven phases of purification that ensue at the course of insight. not like the second one volume, whose English translation is titled sensible perception Meditation, this primary quantity isn't meant for beginners. From the translator's forward: "The most advantageous drawback during this paintings is with a degree where, after diligent initial practice, the perception knowledges have started to emerge, prime as much as the top crest of religious achievement, Arahantship."

For meditators who've received adventure and a few growth in vipassana meditation, this short and transparent exposition of the phases of Vipassana perception might Progress of Insight: Treatise on Buddhist Satipathana Meditation be a useful guide. Many Progress of Insight: Treatise on Buddhist Satipathana Meditation vipassana meditators don't know, and lecturers additionally don't tell them, that there are literally sixteen phases of vipassana insight-knowledges resulting in Nibbhana, which similar to 7 levels of purification. those 7 phases of purification have been first delineated as a series via the Elder Punna Mantaaniputta, who likened them to relay chariots in a talk with Sariputta, as recorded within the Rathavinita Sutta, the twenty fourth discourse of the Majjhima Nikaya. In his encyclopedic treatise on Buddhist meditation the "Vissuddhi-Magga", the good commentator Buddhaghosa expands upon those 7 stages, interlacing them with sixteen insight-knowledges. jointly they function an overview of the whole direction a meditator is going via on his internal trip to liberation. If one's perform is correct, one will growth based on those levels of perception and purification. those are phases with transparent symptoms that may be skilled in one's personal physique and mind, and for this reason tested for oneself. This treatise, which started as a quick checklist that used to be in simple terms given out to extra complex meditators at Mahasi Sayadaw's meditation center, is a succinct precis of those 7 levels of purification and sixteen insight-knowledges. it truly is objective is to permit meditators to appropriately gauge their progress, and thereby comprehend truly the place they're at the Progress of Insight: Treatise on Buddhist Satipathana Meditation route to Nibbhana. through increasing upon the record after which permitting its publication, the Sayadaw has, as soon as again, performed all vipassana meditators a tremendous service. This treatise capabilities like a beacon at the path, displaying the place you could have traveled, and the place you've got but to go. The ebook is on the market for obtain at the Internet. check with it basically after gaining a few convinced insights and development at the path. Otherwise, it will likely be like analyzing a menu of meals that you've got by no means obvious nor tasted before. it is going to now not support one's perform if learn prematurely, because it may possibly introduce idea and expectancies in regards to the course that might prevent progress. when you have now not but completed sure development Progress of Insight: Treatise on Buddhist Satipathana Meditation in insight, shop this away for destiny Progress of Insight: Treatise on Buddhist Satipathana Meditation reference and simply practice. One day, it will turn into very

useful, and while it does, you are going to comprehend while to consult it. How are you aware you've gotten accomplished sure development in insight?, chances are you'll good ask. Well, in case you have skilled certain, very certain issues in meditation that aren't as a result of the your mind's eye and are relatively outdoor your basic diversity of expertise and understanding, and also you end up thinking about or a bit of pressured approximately no matter if you've gotten reached Nibbaana or someplace toward it, at that time, this booklet could be available handy.

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