

THE NOBLE EIGHTFOLD PATH LEADING TO THE CESSATION OF SUFFERING, NIBBĀNA

7. Knowledge & Vision Purification (Ñāṇadassanavisuddhi)

*Change-of-Lineage knowledge neither be regarded as Practice Knowledge & Vision Purification nor Knowledge & Vision Purification

6. Practice Knowledge & Vision Purification (Paṭipadāñāṇadassanavisuddhi)

From Powerful Arise & Perish knowledge up to Conformity knowledge

5. Path & Non-Path Knowledge & Vision Purification (Maggāmaggañāṇadassanavisuddhi)

4. Doubt-Overcoming Purification (Kaṅkhāvitaraṇavisuddhi)

3. View Purification (Diṭṭhivisuddhi)

2. Consciousness Purification (Cittavisuddhi)

Eight attainments (samāpatti) together with Access Concentration (upacāra-samādhi)

1. Morality Purification (Sīlavisuddhi)

Fourfold Purification Morality (catupārisuddhisīla)

- (16) Reviewing knowledge (Paccavekkhaṇañāṇa)
- (15) Fruition knowledge (Phalañāṇa)
- (14) Path knowledge (Maggañāṇa)
- (13) Change-of-Lineage knowledge* (Gotrabhuñāṇa)
- (12) Conformity knowledge (Anulomañāṇa)
- (11) Formations-equanimity knowledge (Saṅkhārupekkhāñāṇa)
- (10) Reflection knowledge (Paṭisaṅkhāñāṇa)
- (9) Liberation-Longing knowledge (Muñcitukamyatāñāṇa)
- (8) Disenchantment knowledge (Nibbidāñāṇa)
- (7) Danger knowledge (Adīnavañāṇa)
- (6) Fearsomeness knowledge (Bhayañāṇa)
- (5) Dissolution knowledge (Bhaṅgañāṇa)
- (4b) Powerful (balava) Arise & Perish knowledge (Udayabbayañāṇa)
- (4a) Tender (taruṇa) Arise & Perish knowledge (Udayabbayañāṇa)
- (3) Comprehension knowledge (Sammasañāṇa)

Abandonment Full Knowledge (Pahāna-pariññā)

Investigation Full Knowledge (Tīraṇa-pariññā)

The Known Full Knowledge (Ñāta-pariññā)

Nibbāna

Four Path and Fruition Knowledges

Insight Meditation (Vipassanā-bhāvanā) (3-12)

Discerning the Characteristic, Function, Manifestation and Proximate Cause

Dependent Origination (Paṭicca-samuppāda)

The First / Fifth Method

Mentality-Materiality Resolution (Nāmarūpa-vavatthāna)

Mentality and Materiality Apprehension (Rūpārūpa-pariggaha)

Mentality Apprehension (Arūpa-pariggaha)

Materiality Apprehension (Four-Elements Meditation)

(Rūpa-pariggaha)

Four Protective Meditations (Caturārakkha Kammaṭṭhāna)

- 10. Space (Ākāsa) Kasiṇa
- 9. Light (Āloka) Kasiṇa
- 8. White (Odāta) Kasiṇa
- 7. Red (Lohita) Kasiṇa
- 6. Yellow (Pīṭa) Kasiṇa
- 5. Blue-Black (Nīla) Kasiṇa
- 4. Wind (Vāyo) Kasiṇa
- 3. Fire (Tejo) Kasiṇa
- 2. Water (Āpo) Kasiṇa
- 1. Earth (Pathavī) Kasiṇa

(10 Kasiṇas)

- 8th Jhāna: The Base of Neither Perception nor Non-Perception (Nevasaññānāsaññāyatana)
- 7th Jhāna: The Base of Nothingness (Ākiñcaññāyatana)
- 6th Jhāna: The Base of Boundless Consciousness (Viññāṇañcāyatana)
- 5th Jhāna: The Base of Boundless Space (Ākāsānañcāyatana)
- 4th Jhāna
- 3rd Jhāna
- 2nd Jhāna
- 1st Jhāna

(8 Attainments)

White (odāta) Kasiṇa (1st/ 2nd/ 3rd/ 4th Jhānas)

Repulsiveness Attention (paṭikūla-manasikāra) (Skeleton) (1st Jhāna or Access Concentration)

Thirty-Two Parts of the Body (dvattimsākārā)

Four-Elements Meditation (Access Concentration)

Mindfulness of Breathing (1st/ 2nd/ 3rd/ 4th Jhānas)

Pātimokkha Restraint Morality (Pātimokkha-samvarasīla) (227 rules for Bhikkhus)

Faculties Restraint Morality (Indriyasamvarasīla)

Livelihood Purification Morality (Ājīvapārisuddhisīla)

Requisites-Related Morality (Paccayasannissitasīla)

Theravāda Nuns: Ten Pabbajja Precepts (dasa-pabbajja-sīla)

Lay Devotees: Five (pañca-sīla), Eight (aṭṭha-sīla), Nine (nava-sīla), Ten Precepts (dasa-sīla)

Discerning the characteristic (lakkhaṇa), function (rasa), manifestation (paccupaṭṭhāna), and proximate cause (padaṭṭhāna) of each cause and effect of past lives, the present life, and future lives.

Discerning the characteristic (lakkhaṇa), function (rasa), manifestation (paccupaṭṭhāna), and proximate cause (padaṭṭhāna) of each type of material (rūpa) and mental phenomenon (nāma-dhamma)

Resolving that apart from mentality-materiality (nāma-rūpa), there is no being (satta), no life (jīva) no self (atta), no man, no woman, no deva, no brahma, etc.

Discerning each mental factor (cetasika) and consciousness (citta) of each mind-moment of the various types of mental process (citta-vīthi) <five-mind door & sensual-/ fine-material-/ immaterial sphere>.

Discerning the various types of kalāpa in each of the six doors / forty-two parts of body. And discerning the various types of ultimate materiality of each type of kalāpa.

- (1) Loving-Kindness (mettā), Compassion (karuṇā), Sympathetic Joy (muditā), Equanimity (upekkhā) (Four Sublime Abidings (Brahma-vihāra))
- (2) Buddha Recollection (Buddhānussati)
- (3) Death Recollection (Maraṇānussati)
- (4) Foulness Meditation (Asubha-bhāvanā)