APPENDIXES

APPENDIX (A)

THE SEVEN STAGES OF PURIFICATION AND SIXTEEN STAGES OF INSIGHT WISDOM

Purification Insight knowledge

1. Silavisuddhi initially taking five or eight precepts before practice.
2. Cittavisuddhi Access and absorption concentration
3. Ditthivisuddhi 1. Analytical knowledge of mind and body
4. Kankhavitarana visuddhi 2. Knowledge of discerning cause and effect condition
6. Patipadananadassa 5. Knowledge of rise and fall (mature phase) Visuddhi
7. Knowledge of dissolution
8. Knowledge of fearfulness
9. Knowledge of danger
10. Knowledge of disenchantment
11. Knowledge of reflection
12. Knowledge of equanimity toward formations
13. Knowledge of maturity

7. Nanadassana visuddhi

14. Knowledge of emergence
15. Knowledge of path
APPENDIX (B)

SEVEN FACTORS OF ENLIGHTENMENTS

1. Salty
   mindfulness and clear knowledge, avoiding unmindful people and associating with mindful people inclining the mind accordingly

2. Dhammavicaya
   theoretical inquiry bodily cleanliness, balance of the five faculties avoiding unwise people and associating with wise people reflecting on the deeper aspects of the Dhamma inclining the mind accordingly

3. Viriya
   reflecting on the fearfulness of the planes of misery, seeing the benefits of effort, reflecting on the path to be practiced, honoring the offering one has received.

4. Piti
   recollecting the Buddha, the Dhamma and the Samgha, one’s virtue, one’s act of generosity, heavenly beings, and the peace of realization.

5. Passaddhi
   good food, agreeable weather, comfortable posture, balanced behavior, avoiding restless people and associating with calm people

6. Samadhi
   bodily cleanliness, balancing the five faculties, skill in taking up the sign of concentration, skill in inciting, restraining, gladdening and not interfering with the mind,
reflecting on the attainment of absorption, inclining the mind accordingly

7. Upekkha detachment towards people and things, avoiding prejudiced people and associating with impartial people, inclining the mind accordingly.
APPENDIX (C)

VENERABLE MOE GOKE SAYADAW GYI,

RENOW MEDITATION TEACHER IN BURMA

(1899-1962)
THE CYCLE OF PATICCASAMUPPADA,
CAUSAL RELATION, CREATED BY MOE GOKE SAYADAW GYI
MONKS, NUNS, LAY MEN AND WOMEN ARE PRACTICING
VIPASSANA MEDITATION IN BURMA