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**Abhidhamma Studies** - Nyanaponika - 1949

The Abhidhamma expounds a revolutionary system of philosophical psychology rooted in the twin Buddhist insights of selflessness and dependent origination. In keeping with the liberative thrust of early Buddhism, this system organizes the entire spectrum of human consciousness around the two poles of Buddhist doctrine?bondage and liberation?the starting point and the final goal. It thereby maps out, with
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The Abhidhamma, the third great division of early Buddhist teaching, expounds a revolutionary system of philosophical psychology rooted in the twin Buddhist insights of selflessness and dependent origination. In keeping with the liberative thrust of early Buddhism, this system organizes the entire spectrum of human consciousness around the two poles of Buddhist doctrine - bondage and liberation, Samsara and Nirvana - the starting point and the final goal. It thereby maps out, with remarkable rigour and precision, the inner landscape of the mind to be crossed through the practical work of Buddhist meditation. In this book of groundbreaking essays, Venerable Nyanaponika Thera, one of our age's foremost exponents of Theravada Buddhism, attempts to penetrate beneath the formidable face of the Abhidhamma and to make its principles intelligible to the thoughtful reader of today. His point of focus is the Consciousness Chapter of the Dhammasangani, the first treatise of the Abhidhamma Pitaka. Basing his interpretation on the detailed list of mental factors that the Abhidhamma uses as a guide to psychological analysis, he launches into bold explorations in the multiple dimensions of conditionality, the nature of consciousness, the temporality of experience, and the psychological springs of spiritual transformation. Innovative and rich in insights, this book does not merely open up new avenues in the academic study of early Buddhism. By treating the Abhidhamma as a fountainhead of inspiration for philosophical and psychological inquiry, it demonstrates the continuing relevance of Buddhist thought to our most astute contemporary efforts to understand the elusive yet so intimate nature of the mind.

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The Theravada Abhidhamma - Y. Karunadasa - 2019-08-27
A lucid explanation of the basic contours of the Theravada Abhidamma system for serious students of Buddhist thought. The renowned Sri Lankan scholar Y. Karunadasa examines Abhidhamma perspectives on the nature of phenomenal existence. He begins with a discussion of dhamma theory, which describes the bare phenomena that form the world of experience. He then explains the Abhidhamma view that only dhammas are real, and that anything other than these basic phenomena are conceptual constructs. This, he argues, is Abhidhamma’s answer to common-sense realism—the mistaken view that the world as it appears to us is ultimately real. Among the other topics discussed are the theory of double truth (ultimate and conceptual truth), the analysis of mind, the theory of cognition, the analysis of matter, the nature of time and space, the theory of momentary being, and conditional relations. The volume concludes with an appendix that examines why the Theravada came to be known as Vibhajjavada, “the doctrine of analysis.” Not limiting himself to abstract analysis, Karunadasa draws out the Abhidhamma’s underlying premises and purposes. The Abhidhamma provides a detailed description of reality in order to identify the sources of suffering and their antidotes—and in doing so, to free oneself.

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The Yamaka - Caroline Augusta Foley Rhys Davids - 1987

Guide Through the Abhidhamma Pitaka - Nyanatiloka Thera - 2008-01-01
This book contains an outline or synopsis of the seven books of the advanced analytical collection of the Pali Canon, the Abhidhamma Pitaka. Each of the seven books of this collection is introduced and then systematically summarised by the renowned German scholar-monk Nyanatiloka Mahathera. The principal aim of this book is to clarify the structure of the Abhidhamma works, most of which are quite large and complex, and thus aid the study of them. As a further aid, tables to clarify the factors of consciousness, etc, have been included as an appendix. This book is indispensable for students of Abhidhamma as well as for those who wish to get an introduction to and overview of the Abhidhamma Pitaka.

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**Comprehensive Manual of Abhidhamma** - Bhikkhu Bodhi - 2012-11-06
For those who approach Buddhism as a system of mental development, this book is a reliable and accessible guide to understanding the significance of themes from the Pali discourses. Themes include grasping, right view, craving, passion, contemplation of feeling, happiness, and liberation. A rare combination of scholarly rigor and extensive meditation experience from the author provides veracity to these studies and explorations.

**Abhidhamma in Daily Life** - Nina Van Gorkom - 2014-01-12
Abhidhamma in Daily Life is an exposition of absolute realities in detail. Abhidhamma means higher doctrine and the book's purpose is to encourage the right application of Buddhism in order to eradicate wrong view and eventually all
Defilements. Many terms in Pali the language of early Buddhism are used and are defined as they are introduced. The book is therefore suitable for beginners as well as practicing Buddhists. It is detailed and precise and an invaluable aid to unlocking the deep meaning of the entire Buddhist canon and applying the theory to our daily lives for the benefit of ourselves and others.

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Dhammasaṅgani is the fundamental first book of the Pali Abhidhamma Pitaka. Its contents represent quintessence of the entire Theravada Abhidhamma philosophy. This book elaborates in considerable detail in six chapters, covering important topics on couplets and triplets of the Abhidhamma matrix, and couplets of the Suttanta matrix in the first chapter; the 89 states of consciousness (cittas) in the second chapter; 52 mental concomitants (cetasikas) and explain how each of these cetasikas correlates with the 89 states of consciousness in the third chapter; all aspects of corporeality in the fourth chapter; detail as to how the terms in each cluster from Abhidhamma matrix are to be applied are explained in the fifth chapter; enumerated expositions on the unconditioned element are given in the last chapter. Dhammasaṅgani expounds all conceivable phenomenal existence
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**The Original Buddhist Psychology** - Beth Jacobs, Ph.D. - 2017-06-27
Drawing on decades of experience, a psychotherapist and Zen practitioner makes the Abhidharma--the original psychological system of Buddhism--accessible to a general audience for the first time. The Abhidharma, one of the three major text collections of the original Buddhist canon, explores the critical juncture of Buddhist thought and the therapeutic aspects of the religion and meditation. It frames the
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**A manual of Abhidhamma** - Nārada (Maha
Thera.) - 1980

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**A Comprehensive Manual of Abhidhamma** -
Anuruddha - 2000
Abhidhamma has the fearsome reputation of
being somewhat juiceless to a beginner. I was
delighted to find that in the introductory chapter
Bhikkhu Bodhi gives his explanation of the four-
fold ultimate realities in a very clear, calm, exact
and expressive way. He brings to the subject a
distinctively passionate voice and profound care
and respect for the unfathomable wisdom of the
Buddha. This is a brilliant gem of a guidebook
and will lead the reader to new dimensions of the

**A Comprehensive Manual of Abhidhamma** -
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**The Vibhaṅga** - Caroline Augusta Foley Rhys
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A Perfect Knowledge of Mind-Body from the Abhidhamma

The Book of Analysis (Vibhanga) - Thittila (Ashin) - 1995

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Buddhist Abhidhamma - Kyaw Min (U) - 1980

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Conditional Relations (Paṭṭhāna) - Thein Nyun (U.) - 1997

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The Book of Analysis (Vibhanga) - P. A. Thiṭṭila - 1969

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Abhidhamma (Dhātukathā) - P B Tan - 2019-08-21

This book examines the states in question based on four principles: including, not-including, association, dissociation. There are 371 states of inquiry which consist of 105 internal states, are taken from the first 13 Chapters of the second book, Vibhanga; and 266 external states, are taken from triads and dyads in Dhammasangani. These 371 states are first examined in Chapter 1 whereby states of inquiry from the subsequent thirteen chapters are later based on. These states are examined using fourteen methods, through the different combinations of states and different combinations of the four principles, for answers in terms of aggregates, bases, and elements. These fourteen methods end with 2453 states of inquiry which allow us to examine all conceivable mental phenomena with reference to the three schemata of aggregates, bases, and elements. I have included a chart and analytical answers, not
These fourteen methods end with 2453 states of inquiry. I have also provided 35 charts by various other classifications in appendixes as references to the contents and as supplementary guide.

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A Comprehensive Abhidhamma Study of Conditional Relations (Paṭṭhāna), Part I - P B Tan - 2020-08-18
As the most voluminous and important text of the Abhidhamma Piṭaka, the Paṭṭhāna applies the scheme of twenty-four conditional relations to deal with the manifold conditionality of all the mental and physical phenomena of existence. This book reveals in great details of the conditional relations of momentarily passing mental-material phenomenal realities at moment of rebirth-linking, in the continuity of life, and at
interactions with things and people around us. taught in the Paṭṭhāna applies to every aspect of our day-to-day lives, in all moments of our interactions with things and people around us. Dozens of charts are created in this book to facilitate better understanding of the different parts of the teaching.

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Designation of Human Types - 1924
Designation of Human Types - 1924
Discourse on Elements (Dhātu-kathā) - 1999
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The Dhammasaṅgaṇī - Eduard Müller-Hess - 1885
The Dhammasaṅgaṇī - Eduard Müller-Hess - 1885
An Analysis of Individual-Types from the Abhidhamma - P.b. Tan - 2016-10-27
This book provides an effective guide to especially Buddhist practitioners for gauging
providing advice to the declining monastics as begins with a schedule, enumerating conventional Abhidhamma groups of the 5 aggregates, 12 bases, 18 elements, Truth, 22 faculties, follows by the exposition of individual-types by units, twofold, threefold, up to descriptions under tenfold. Nearly all of its designations are identical parallels drawn from the ten Nipatas of the Anguttara Nikaya with only some minor variations and omissions. Other designations are also found, sometimes as fragmentary descriptions, sometimes with different meanings, in the various suttas of the Nikayas. For the benefit of the readers, I have referenced these relevant suttas in the schedule, and I have also given necessary exposition to these referenced suttas in the subsequent Chapters. This book analyses 390 types of individual, or more specifically, types of monks and nuns, although some of the designations do overlap. These are unequivocal norms of measurements drawn up as a yardstick for

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The Psycho-ethical Aspects of Abhidhamma - Rina Sircar - 1999
Practical Buddhism is said to consist of three higher educations: ethics, mind or meditation, and wisdom. Of the Three Baskets of Buddhist teachings it is the Abhidharma which teaches wisdom. In this volume Sircar (Buddhist studies, California Institute of Asian Studies) attempts to explain the important elements of this process of teaching and learning which in practice has usually been reserved for Buddhist monks and nuns. Annotation copyrighted by Book News, Inc., Portland, OR

The Buddhist Analysis of Matter - Y. Karunadasa - 2020-09-22
A fluent English explanation of the Theravada Buddhist analysis of matter for serious students of Buddhist thought. In The Buddhist Analysis of Matter, renowned scholar Y. Karunadasa interprets the Buddhist view of matter as
such as the Pali canonical texts. The Buddhist Abhidhamma. His comprehensive work draws on both the earlier period containing the seven manuals of the Abhidhamma Pitaka and the later period containing Abhidhammic commentaries, sub-commentaries, and such compendiums as the Abhidhammatthasangaha of Acariya Anuruddha. In order to bring the subject into a wider perspective, and for more precision, Karunadasa considers the (non-Theravada) Vaibhasika and Sautrantika schools of Buddhism—two of the leading non-Mahayana schools with whom the Theravadins had much in common, both of which subscribed to a realistic view of existence—as well as later sources such as the post-canonical commentaries and related literary sources of Theravada Buddhism. This book gives us the first clear picture of the Buddhist analysis of matter as such. Earlier works on this subject have tended to focus on the broad philosophical implications arising from the Buddhist theory of matter and were based more on earlier sources, Analysis of Matter provides a much-needed micro view of the topic with a detailed examination of the Theravadins’ list of rupa-dammas—the ultimate irreducible factors into which material existence is analyzed. It exposes the basic material elements into which the whole of material existence is resolved and explains their interconnection and interdependence on the basis of conditional relations. It concludes with an understanding of the nature and relevance of the Buddhist analysis of matter in the context of Buddhism as a religion.

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Process of Consciousness and Matter
Bhaddanta Dr. Rewata Dhamma - 2020-05-10
Intended for all serious students of the Abhidhamma, this book compliments other texts on the subject and explains the important aspects of consciousness and matter in a detailed manner. As a whole, the teachings of Abhidamma aid in looking within and around the self in order to obtain a life without boundaries or suffering. Digging deeper into the psychological nature of Abhidhamma, the text breaks down the various
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An Analysis of Mind from the Vibhanga in Abhidhamma - P. B. Tan - 2016-09-18
This book covers the eighteen treatises of the original scripture of Vibhanga, the second book of the Theravada Abhidhamma corpus. A total of 273 tables, 30 diagrams, and lucidly-defined outlines of points and summaries are used extensively throughout this book to present the contents of the original text as lively as possible to readers. The treatises are divided into three distinct groups. The first group containing the Five Aggregates, Twelve Sense-Bases, Eighteen Elements, Four Noble Truths, Twenty-Two Controlling Faculties, and Dependent Origination, are the fundamental requisites for Cognitive Process," "Absorption Javana in the Mind-Door Process," and "Process of Matter."
(Note: This title was previously published under ISBN 9781938754623. Due to technical issues a new ISBN had to be assigned. Rest assured that both versions of this title are exactly the same.)
extensively throughout this book to present the second group contains the Four Foundations of Mindfulness, Four Right Strivings, Four Means to Accomplishment, Seven Factors of Enlightenment, Noble Eightfold Path, and Jhana, provide the basis for practicing wisdom using the different approaches, all of which are interdependent modular functions connecting one to another. The third group contains the Illimitables, Precepts, Analytical Insight, kinds of Knowledge, numerical list of defilement, and kernel of the Buddha's teaching - provide supplementary information illuminated in extensive details not apropos to being dealt with in the preceding twelve Chapters.

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**Glimpses of Abhidharma** - Chogyam Trungpa - 2001-02-06

The Abhidharma is a collection of Buddhist scriptures that investigate the workings of the mind and the states of human consciousness. In this book, Chögyam Trungpa shows how an examination of the formation of the ego provides us with an opportunity to develop real intelligence. Trungpa also presents the practice of meditation as the means that enables us to see our psychological situation clearly and directly.

**Essential Teaching of the Dhammasangani from Abhidhamma** - P. B. Tan - 2017-04-06

Dhammasangani is the fundamental first book of the Pali Abhidhamma Pitaka. Its contents represent quintessence of the entire Theravada Abhidhamma philosophy. This book elaborates in considerable detail in six chapters, covering important topics on couplets and triplets of the mind and the states of human consciousness. In this book, Chögyam Trungpa shows how an examination of the formation of the ego provides us with an opportunity to develop real intelligence. Trungpa also presents the practice of meditation as the means that enables us to see our psychological situation clearly and directly.
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**Essential Teaching of the Dhammasangani from Abhidhamma** - P. B. Tan - 2017-04-06

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Buddhism, Erik Braun takes readers to Burma, understanding.

**The Book of Analysis (Vibhaliga)** - 1969

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**Vibhanga** - Caroline Augusta Foley Rhys Davids - 1978-01-01

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**The Birth of Insight** - Erik Braun - 2013-11-19

Insight meditation, which claims to offer practitioners a chance to escape all suffering by perceiving the true nature of reality, is one of the most popular forms of meditation today. The Theravada Buddhist cultures of South and Southeast Asia often see it as the Buddha’s most important gift to humanity. In the first book to examine how this practice came to play such a dominant—and relatively recent—role in revealing that Burmese Buddhists in the colonial period were pioneers in making insight meditation indispensable to modern Buddhism. Braun focuses on the Burmese monk Ledi Sayadaw, a pivotal architect of modern insight meditation, and explores Ledi’s popularization of the study of crucial Buddhist philosophical texts in the early twentieth century. By promoting the study of such abstruse texts, Braun shows, Ledi was able to standardize and simplify meditation methods and make them widely accessible—in part to protect Buddhism in Burma after the British takeover in 1885. Braun also addresses the question of what really constitutes the “modern” in colonial and postcolonial forms of Buddhism, arguing that the emergence of this type of meditation was caused by precolonial factors in Burmese culture as well as the disruptive forces of the colonial era. Offering a readable narrative of the life and legacy of one of modern Buddhism’s most important figures, The
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**Abhidharmasamuccaya** - Asanga - 2015-05

There are two systems of Abhidharma, according
English translations of Buddhist books from the system is taught in the Abhidharmakosa, while the higher system is taught in the Abhidharmasamuccaya. Thus the two books form a complementary pair. Asanga, author of the Abhidharmasamuccaya, is founder of the Yogacara school of Mahayana Buddhism. His younger brother Vasubandhu wrote the Abhidharmakosa before Asanga converted him to Mahayana Buddhism. Yet the Kosa is written in verse, usual for Mahayana treatises, while the Samuccaya follows the traditional prose question and answer style of the older Pali Abhidharma texts. Walpola Rahula, in preparing his 1971 French translation of this Mahayana text from the Sanskrit, Chinese, and Tibetan, has brought to bear on its many technical terms his extensive background and great expertise in the Pali canon. J. W. de Jong says in his review of this work: "Rahula deserves our gratitude for his excellent translation of this difficult text." Sara Boin-Webb is well known for her accurate French. She has now made accessible in English Rahula's French translation, the first into a modern language, of this fundamental text. "an important book for any serious library in Buddhist Studies" --Choice

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**Great Disciples of the Buddha** - Nyanaponika - 2012-01-30

A perennial favorite, Great Disciples of the Buddha is now relaunched in our best-selling Teachings of the Buddha series. Twenty-four of the Buddha's most distinguished disciples are brought to life in ten chapters of rich narration. Drawn from a wide range of authentic Pali

before been assembled in a single volume. Through these engaging tales, we meet all manner of human beings - rich, poor, male, female, young, old - whose unique stories are told with an eye to the details of ordinary human concerns. When read with careful attention, these stories can sharpen our understanding of the Buddhist path by allowing us to contemplate the living portraits of the people who fulfilled the early Buddhist ideals of human perfection. The characters detailed include: Sariputta Nanda Mahamoggallana Mahakassapa Ananda Isidasi Anuruddha Mahakaccana Angulimala Visakha and many more. Conveniently annotated with the same system of sutta references used in each of the other series volumes, Great Disciples of the Buddha allows the reader to easily place each student in the larger picture of Buddha's life. It is a volume that no serious student of Buddhism should miss.

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This Abhidhamma book, Volume II of the Yamaka treatise examines the foundational principles of Buddhism, with emphasis on the focal issues of terms definitions, origination and cessation moments of thought, birth-moment and death-moment, and phenomenal characteristics of different individuals, are requisite material information for insight meditation and the development of wisdom. The analysis covers the topics of material and mental formations, latent states of proclivities, pure states of consciousness, dhamma, and the twenty-two controlling faculties. More concrete answers, and illustration with examples and charts are
provided for every chapter, to make the study of this difficult book a delightful and rewarding experience. Four appendices of relevant information are also included as references to the contents and as useful supplements for readers.


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**Unlimiting Mind** - Andrew Olendzki - 2010-04-10

Both broad and deep, this eye-opening book is one of the best available overviews of the radical psychological teachings underlying the Buddhist approach to freedom and peace. Sophisticated without being daunting, brilliantly clear without becoming simplistic, Andrew Olendzki's writing is filled with rich phrases, remarkable images, and the fruits of decades of careful thought. Grounded in profound scholarship, psychological sophistication, and many years of teaching and personal practice, this much-anticipated collection of essays will appeal to anyone looking to gain a richer understanding of Buddhism's experiential tools for exploring the inner world.
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**The Yogasūtra of Patañjali** - Pradeep P.

This book offers a systematic and radical introduction to the Buddhist roots of Pātañjala-yoga, or the Yoga system of Patañjali. By examining each of 195 aphorisms (sūtras) of the Yogasūtra and discussing the Yogabhāṣya, it shows that traditional and popular views on Pātañjala-yoga obscure its true nature. The book argues that Patañjali's Yoga contains elements rooted in both orthodox and heterodox philosophical traditions, including Sāṅkhya, Jaina and Buddhist thought. With a fresh translation and a detailed commentary on the Yogasūtra, the author unearths how several of the terms, concepts and doctrines in Patañjali's Yoga can be traced to Buddhism, particularly the Abhidharma Buddhism of Vasubandhu and the early Yogācāra of Asaṅga. The work presents the Yogasūtra of Patañjali as a synthesis of two perspectives: the metaphysical perspective of Sāṅkhya and the empirical-psychological perspective of Buddhism. Based on a holistic understanding of
Yoga, the study explores key themes of the text, such as meditative absorption, means, supernormal powers, isolation, Buddhist conceptions of meditation and the interplay between Sāṅkhya and Buddhist approaches to suffering and emancipation. It further highlights several new findings and clarifications on textual interpretation and discrepancies. An important intervention in Indian and Buddhist philosophy, this book opens up a new way of looking at the Yoga of Patañjali in the light of Buddhism beyond standard approaches and will greatly interest scholars and researchers of Buddhist studies, Yoga studies, Indian philosophy, philosophy in general, literature, religion and comparative studies, Indian and South Asian Studies and the history of ideas.

The Yogasūtra of Patañjali - Pradeep P. Gokhale - 2020-05-31
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