

The Dynamics of Theravada Insight Meditation

Topics:

- 1) Three modern day insight meditation traditions**
- 2) The insight knowledges
- 3) Insight in the early discourses

Satipa__h_na meditation objects

Mahasi Sayadaw

postures

S.N. Goenka

feelings

Pa Auk Sayadaw

elements

Time dedicated to the formal development
of mental tranquillity:

Mahasi Sayadaw	none
S.N. Goenka	some
Pa Auk Sayadaw	much

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The ten insight knowledges
in the *Abhidhammatthasa_gaha*

1	Comprehension	<i>sammasana</i>
2	Rise and fall	<i>udayabbaya</i>
3	Dissolution	<i>bha_ga</i>
4	Fear	<i>bhaya</i>
5	Disadvantage	<i>_d_nava</i>
6	Disenchantment	<i>nibbid_</i>
7	Wish for deliverance	<i>muñcitukamyat_</i>
8	Reflection	<i>pa_isa_kh_</i>
9	Equanimity (re. formations)	<i>sa_kh_rupekkh_</i>
10	Conformity	<i>anuloma</i>

The stages of insight
in the *Vimuttimaggā* (___Ω)

- | | | |
|---|------------------------|---|
| 1 | Comprehension | — |
| 2 | Rise and fall | — |
| 3 | Dissolution | — |
| 4 | Fear | — |
| | & disadvantage | — |
| | & disenchantment | — |
| 5 | Delight in deliverance | — |
| | & equanimity | — |
| 6 | Conformity | — |

The stages of insight
in the *Pa_isambhidh_magga*

1	Comprehension	<i>sammasana</i>
2	Rise and fall	<i>udayabbaya</i>
3	Dissolution	<i>bha_ga</i>
4	Fear & disadvantage	<i>bhaya</i> & <i>_d_nava</i>
5	Wish for deliverance & equanimity (form.)	<i>muñcitukamyat_</i> & <i>sa_kh_rupekkh_</i>

The insight-knowledges and the three characteristics

- | | | |
|-------------------------|---|--------------------|
| 1) Comprehension | ⇒ | all three |
| 2) Rise and fall | ⇒ | impermanence |
| 3) Dissolution | | |
| 4) Fear | | |
| 5) Disadvantage | ⇒ | unsatisfactoriness |
| 6) Disenchantment | | |
| 7) Wish for deliverance | | |
| 8) Reflection | | |
| 9) Equanimity | ⇒ | not-self |
| 10) Conformity | | |

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The basic dynamics of insight:

all contemplated phenomena are impermanent



what is impermanent is unsatisfactory



what is unsatisfactory is not-self