

## Manual of Insight

MAHASI SAYADAW

## Abhidhamma Reference Tables

PPEN	DIX 1: THE PRO	OGRESS O	F INSIGHT
urificatio	on of Conduct ( <i>sīlavisu</i>	ddhi)	
Purificatio	on of Mind (cittavisudd	hi)	
Purificatio	on of View (diṭṭhivisudo	dhi)	
1.	Knowledge that Disco		d Physical Phenomena
Purificatio	on by Overcoming Doub	ot (kaṅkhāvitai	raṇavisuddhi)
2.	Knowledge that Disc	erns Condition	ality (paccayapariggahañāṇa)
3.	Insight Knowledge by	/ Comprehensi	on (sammasanañāṇa)
4.	Insight Knowledge of (immature) (udayabb	-	ssing Away
	10 Corruptions of Ins	ight ( <i>vipassanı</i>	upakilesā)
	Brilliant L	ight	(obhāsa)
	Rapture		(pīti)
	Tranquilit	у	(passaddhi)
	Resolution	n	(adhimokkha)
	Energy		(paggaha)
	Happines	i	(sukha)
	Knowledg	je	(ñāṇa)
	Mindfulne	:SS	(sati)
	Equanimi	zy .	(upekkhā)
	Delight		(nikanti)
Purificatio	on by Knowledge and V	ision of What I	s Path and Not Path
Purification		ision of the Wa	ay (includes Mature Arising
5.	Insight Knowledge of	Dissolution (b	haṅgañāṇa)
6.	Insight Knowledge of	Fear (bhayaña	āṇa)
7.	Insight Knowledge of	Danger (ādīno	างลกิลิกุล)
8.	Insight Knowledge of	Disenchantme	ent ( <i>nibbidāñāṇa</i> )
9.	Insight Knowledge of	Desire for Del	iverance (muñcitukamyatāñāṇa)
10.	Insight Knowledge D	erived from Re	observing (paṭisaṅkhāñāṇa)
11.	Insight Knowledge of (saṅkhārupekkhāñāṇ		ward Phenomena
12.	Insight Knowledge Le	ading to Emer	gence (vutthānagāminīñāṇa)
13.	Insight Knowledge of	Adaptation (a	nulomañāṇa)
14.	Knowledge of Chang	e of Lineage ( <i>g</i>	otrabhūñāṇa)
Purificatio	on by Knowledge and V	'ision	
15.	Knowledge of the Pa	th (maggañāṇo	2)
16.	Knowledge of the Fro	uit (phalañāṇa)	)
17.	Knowledge of Review	ving (paccavek	khaṇañāṇa)
18	Attainment of Fruitio	n ( <i>phalasamā</i> į	patti)
10.			

# Appendixes 1–3 of *Manual of Insight* by Mahāsi Sayadaw

by Steve Armstrong in 1987–88 when, as the monk Ven. Buddharakkhita, he was studying with Sayadaw U Dhammapiya in Penang, Malaysia. They were later refined with the guidance of Sayadaw U Sāgara of Sydney, Australia, and digitized the tables as necessary.

This insert contains eight tables of Abhidhamma information to clarify the referbetween 1991–2015. Such tables did not appear in the original two-volume ences in Manual of Insight by Mahāsi Sayadaw. These tables were originally designed Burmese-language edition of Manual of Insight. If any errors are noticed in the data contained herein, please let us know at www.mahasimanualofinsight.org, where corrections will be noted and there will be additional information for reading

	Ар	PENDIX	( 3: Sт	REAM O	F Con	scious	NESS															
Ī			V1	V2	V3	V4	V5	V6	V7	V8	V9	V10	V11	V12	V13	V14	V15	V16	V17			number of thought moments
H1 =		LC	LC	LC	LC	LC	LC	LC	LC	LC	LC	LC	LC	LC	LC	LC	LC	LC	LC	LC		deep, dreamless sleep
H2 -		LC	Plc	Vlc	Alc	5A	eye	Rc	ı	D	J	J	J	J	J	J	J	R	R	LC		eye door stream, very great object
43		LC	Plc	Plc	Vlc	Alc	5A	ear	Rc	I	D	J	J	J	J	J	J	J	LC	LC		ear door stream, great object
14		LC	Plc	Plc	Plc	Plc	Vlc	Alc	5A	nose	Rc	1	D	D	D	LC	LC	LC	LC	LC		nose door stream, slight object
15		LC	Plc	Plc	Plc	Plc	Plc	Plc	Plc	Plc	Plc	Plc	Plc	Plc	Plc	Plc	Plc	Vlc	Vlc	LC		body door stream, very slight object
16		LC	Plc	Vlc	Alc	М	J	J	J	J	J	J	J	R	R	LC	LC	LC	LC	LC		mind door stream, clear object
47		LC	Plc	Vlc	Alc	М	J	J	J	J	J	J	J	LC	LC	LC	LC	LC	LC	LC		mind door stream, obscure object
-18		LC	Vlc	Vlc	М	М	М	LC	LC	LC	LC	LC	LC	LC	LC	LC	LC	LC	LC	LC		dreaming, not knowing
н9		LC	Vlc	Vlc	М	J	J	J	J	J	J	J	R	R	LC	LC	LC	LC	LC	LC		dreaming, knowing
110		LC	Plc	VIc	Alc	5A	eye	Rc	ı	D	J	J	J	J	J	J	J	R	R	LC		1st mental process sees visible form
111		LC	Plc	Vlc	Alc	М	J	J	J	J	J	J	J	R	R	LC	LC	LC	LC	LC		2nd perceives preceeding form
12		LC	Plc	Vlc	Alc	М	J	J	J	J	J	J	J	R	R	LC	LC	LC	LC	LC		3rd interprets the form, e.g., person, etc.
2A		LC	Plc	Vlc	Alc	М	М	М	LC	LC	LC	LC	LC	LC	LC	LC	LC	LC	LC	LC		Developed insight stops sequence at M/D.
113		LC	Vlc	Alc	М	Prp	Ac	Ad	Chg	Jh	LC	LC	LC	LC	LC	LC	LC	LC	LC	LC		first time attaining jhāna
14		LC	Vlc	Alc	М	Prp	Ac	Ad	Chg	any # jl	āna cons	ciousness					LC	LC	LC	LC		developed jhāna
115		LC	Plc	Vlc	Vlc	М	J	J	J	J	J	J	J	LC	LC	LC	LC	LC	LC	LC		Peak-reaching equanimity insight knowledge
16		LC	Plc	Vlc	Vlc	М	J	J	J	J	J	J	J	LC	LC	LC	LC	LC	LC	LC		adverting to some aspect of <i>anicca</i> , <i>dukkha</i> , or <i>anatta</i> leading to emergence occurs 2–3
117		LC	Plc	Vlc	Vlc	М	J	J	J	J	J	J	J	LC	LC	LC	LC	LC	LC	LC		times.
18		LC	Vlc	Alc	М	Prp	Ac	Ad	Chg	Path	F	F	LC	LC	LC	LC	LC	LC	LC	LC		stream at first stage enlightenment
19		LC	Vlc	Alc	М	Prp	Ac	Ad	Pr	Path	F	F	LC	LC	LC	LC	LC	LC	LC	LC		stream at higher stage enlightenment
20		LC	Vlc	Alc	М	Ad	Ad	Ad	Ad	any # fi	uition co	nsciousnes	is				LC	LC	LC	LC		developed fruition
121		LC	Vlc	Alc	М	Prp	Ac	Ad	Chg	Jh	Jh		(cessa	tion)		F	LC	LC	LC	LC		nirodhasamapatti stream
122		LC	Vlc	Alc	М	J	J	J	J	J	R	R	Dth	R-L	LC	LC	LC	LC	LC	LC		stream at death of ordinary unenlightened being
22  -		LC	LC	LC	LC	LC	LC	LC	LC	LC	LC	М	J	J	J	J	J	J	J	LC		stream at death of ordinary uneilingmented being
23		LC	Vlc	Alc	М	J	J	J	J	J	Dth	х	х	х	х	х	х	х	х	х	Х	usual stream at death of arahat
24		LC	Vlc	Alc	М	Prp	Px	Ad	Chg	any # o	f <i>jhāna</i> co	onsciousne	ess					Dth	х	Х	Х	death of arahat after jhāna
, [		LC	Vlc	Alc	М	Prp	Px	Ad	Pr	Path	F	F	LC	LC	LC	LC	Vlc	Alc	М	J		attaining full enlightenment at death
25  -		J	J	J	J	J	J	LC	LC	LC	Vlc	Alc	М	J	J	J	J	J	Dth	Х	Х	accaming run emignienment at death

APPENDIX 2A:

:	Access, proximate to higher cons.
i	Adaptation/ conformity
С	Arresting life continuum
ng	Change of lineage
	Determining
:h	Death
ır	Ear consciousness
re	Eye consciousness
	Fruition
	Investigating
	Javana: impulsion
ı	Jhāna, ecstatic concentration
	Life continuum/ bhavaṅga
	Mind-door-adverting cons.
se	Nose consciousness
ith	Enlightenment
С	Passed life continuum
	Purification, prior to higher enlight
р	Preparation for higher cons.
	Retention/ registration
	Receiving consciousness
L	Re-linking, rebirth cons.
С	Vibrating life continuum
	Nothing arising onward
4	Five-sense-door-adverting cons.
)	An indefinite amount.

MENTA		s Present						ЕТН	ICAL	LY V	'ARIA	ABLE				11		TATE												
IN EACH	H CONSCI	DUSNESS				UNI	VERS	SALS				00	CAS	IONA	ALS							UN	WHO	LES0	ME				I	
Unwh	oleson	OUSNESS ne, resultan ctional)		MENTAL CONTACT	FEELING	PERCEPTION	VOLITION	ONE-POINTEDNESS	MENTAL LIFE	ATTENTION	INITIAL APPLICATION	SUSTAINING OF MIND	DETERMINATION	ENERGY	YOU	WISH, WILL	DELUSION	MORAL SHAMELESSNESS	REMORSELESSNESS	RESTLESSNESS	ATTACHMENT	WRONG VIEW	CONCEIT	AVERSION	ENVY	AVARICE	REGRET, REMORSE	SLOTH	TORPOR	+
		accomp'd by pleasure, w/wrong view, unprompted	1	1 X	2 X	3 X	4 X	5 X	6 X	7 X	8 X	9 X	10 X	11 X	12 X	13 X	14 X	15 X	16 X	17 X	18 X	19 X	20	21	22	23	24	25	26	2
		accomp'd by pleasure, w/wrong view,	2	х	х	х	х	х	х	х	x	х	х	х	х	х	x	х	Х	Х	Х	Х						(	)	
		accomp'd by pleasure, w.o./wrong view, unprompted	3	х	х	х	х	х	х	х	х	х	х	х	х	х	X	х	Х	х	х		0							
	ENT	accomp'd by pleasure, w.o./wrong view, prompted	4	Х	Х	х	х	Х	х	х	х	х	Х	Х	Х	х	X	х	х	Х	Х		0					(	)	
	ROOTED IN ATTACH MENT	accomp'd by equanimity, w/wrong view, unprompted	5	Х	Х	х	х	Х	х	х	х	х	Х	Х		х	X	х	х	Х	Х	Х								
UNWHOLESOME		accomp'd by equanimity, w/wrong view, prompted	6	х	х	х	х	х	х	х	x	х	х	Х		х	x	х	х	х	Х	х						(	)	
OHMNO		accomp'd by equanimity, w.o./wrong view, unprompted	7	х	х	х	х	х	х	х	x	х	х	х		х	x	х	х	х	Х		0							
		accomp'd by equanimity, w.o./wrong view, prompted	8	х	х	х	х	х	х	х	х	х	х	х		х	x	х	х	х	Х		0					(	0	
	ROOTED IN AVERSION	accomp'd by displeasure, w/ill will, umprompted	9	х	х	х	х	х	х	х	х	х	х	х		х	х	х	х	х				х	*	*	*			
	ROOT	accomp'd by displeasure, w/ill will, prompted	10	х	х	х	х	х	х	х	х	х	х	Х		х	x	х	х	Х				х	*	*	*	(	)	
	ROOTED IN DELUSION	accomp'd by equanimity, with doubts accomp'd by	11	х	х	х	х	х	х	х	X	х		х			X	х	Х	х										
		equanimity, with restlessness wholesome,	12	X	X	Х	Х	X	Х	X	X	Х	Х	Х			X	Х	Х	Х										
24.50	EYE	accompanied by equanimity unwholesome,	13	X	Х	Х	Х	Х	Х	Х																				
	CONS	accompanied by equanimity	14	х	х	х	х	х	х	х																				
SENSE OF TERE CONSCIOUSNESS	EAR	wholesome, accompanied by equanimity unwholesome,	15	х	х	х	х	х	х	х																				
3	Ő	accompanied by equanimity wholesome,	16	Х	Х	Х	Х	Х	Х	Х																				
	NOSE	accompanied by equanimity  unwholesome, accompanied	17	X	x	x	x	X	x	x																				
DUSNESS	88	by equanimity wholesome,																												
ESS RESULTANT CONSCIOUSNESS	TONGUE	accompanied by equanimity unwholesome, accompanied	20	X	X	x	X	X	x	X																				
LESS RESULT	Y	by equanimity  wholesome, accompanied by comfort	21	х	х	х	х	х	х	х																				
ROOTL	BODY	unwholesome, accompanied by pain	22	х	х	х	х	х	х	х																				
	RECEIVING	wholesome, accompanied by equanimity	23	х	х	х	х	х	х	х	х	х	х																	
		unwholesome, accompanied by equanimity wholesome,	24	х	х	х	х	х	х	х	х	х	х																	
	ISCIOUSNE	by equanimity	25	Х	Х	Х	Х	Х	Х	Х	х	Х	Х																	
	INVESTIGATING CONSCIOUSNESS	unwholesome, accompanied by equanimity wholesome, accompanied	26		x	x	x	x	x	x	x	x	x		x															
Ą	5_CEN	by pleasure  SE-DOOR-ADVERTING  w/equanimity	28	X	X	x	X	X	x	X	X	x	X		^															
NO.	SNESS	DOOR-ADVERTING					,																							
ROOTLESS FUNCTIONAL	⊴   ™inn-	w/equanimity	29	X	X	Х	Х	X	Х	Х	X	Х	Х	Х			ll													

		L FACTORS PRESENT H CONSCIOUSNESS							LY V	ARIAB		CION	ALC									DEA			BEAU	TIFUL	-						_		††	$\neg$	
(Sens	se	NSCIOUSNESS sphere—beauti and supramunda	ful,	MENTAL CONTACT	FEELING		ONE-POINTEDNESS	MENTAL LIFE	ATTENTION		SUSTAINING OF MIND	NOIS		WISH/WILL	FAITH, CONFIDENCE	MINDFULNESS	MODESTY	CONSCIENCE	NONALIACHMENI	MENTAL FOLLILIBRILIM	TRANQUILITY OF M.S.	TRANQUILITY OF MIND	LIGHTNESS OF M.S.	QN	PLIANCY OF M.S.	ADAPTABILITY OF M.S.	ADAPTABILITY OF MIND	PROFICIENCY OF M.S.	PROFICIENCY OF MIND	RECTITUDE OF M.S.	RECTITUDE OF MIND	RIGHT SPEECH	RIGHT ACTION +	RIGHT LIVELIHOOD		ETIC JOY	WISDOM
		accomp'd by pleasure, w/knowledge,	# 31	1 x	2 3		5 X	6 x			9 10 x x			13 <sup>†</sup>	28 X	29 X	30 x			3 34	4 35 x x	36 x	37 X			10 41 x x			44 x	45 x	46 x	47	48 *		50 !		52 X
		unprompted  accomp'd by pleasure, w/knowledge,	32	x	x x			x			x x				х					( x		x				x x				х	x	*	*				Х
		accomp'd by pleasure, w.o./knowledge,	33	Х	x x	X	x	Х	x	X	x x	x x	x	X	Х	Х	x	x	x :	( x	x x	Х	Х	x	х :	x x	X	X	Х	x	х	*	*	*	0	0	
		unprompted  accomp'd by pleasure, w.o./knowledge,	34	х	x x	X	x	Х	X	x	x x	x x	X	X	х	Х	x	х	x :	( x	x x	х	Х	х	X	x x	Х	X	Х	х	х	*	*	*	0	0	
CCHECO		w.o./knowledge, prompted accomp'd by equanimity, w/knowledge,	35	X	x x	. x	X	X	x	x	x >	x x		X	х	Х	x	x	x :	( )	( X	х	Х	x	X	x x	X	X	X	x	х	*	*	*	0	0	X
BEAUTIFUL		unprompted  accomp'd by equanimity, w/knowledge,	36	х	x x	X	x	х	x	X	x >	x		Х	х	Х	x	x	x :	( X		х	Х			x x	X	X	Х	x	х	*	*	*	0	0	Х
BEAL		accomp'd by equanimity,	37	х	x x			X			x >			X	х	Х	x			( )		x	Х			x x			X	x	х	*	*			0	
SEN		accomp'd by equanimity,	38	х	x x			X			x x			X	х	Х				( X		х	Х			x x				х	х	*	*			0	
		prompted	30			^																						"	,		^				+	+	
		same as 31–38 above, only resultant consciousness	39–46	Х	x x	Х	х	Х	х		same	e as 31-	-38		Х	х	х	х	x 3	( x	х	Х	Х	х	X .	х	х	Х	х	х	х						"
		same as 31–38 above, only functional consciousness	47–54	х	x x	x	X	х	x		same	as 31-	-38		х	х	х	х	x .	< x	x	х	х	х	x .	х	x	x	х	х	x				0	0	
	f	irst jhana w/connecting, ustaining, joy, comfort, one-pointedness	55	х	хх	X	x	Х	x	x	х	x	x	Х	х	Х	х	х	x ;	( x	x	х	Х	х	X	x x	Х	X	Х	x	х				0	0	Х
	s	econd jhana w/ sustaining, by, comfort, and one-pointedness	56	Х	x x	X	х	х	х		х	x x	х	Х	х	х	х	х	x ;	( x	x	х	Х	х	X	х х	х	X	х	х	х				0	0	х
WHOLESOME	t	hird jhana consciousness vith joy, comfort, and one-pointedness	57	х	x x	X	х	х	х		Х	x	х	х	х	х	х	х	x :	( x	x	х	Х	х	х	х х	x	Х	х	х	х				0	0	х
W	v	ourth jhana consciousness with comfort and one-pointedness	58	х	x x	x	х	х	х		>	x		х	х	х	х	х	x :	( x	х	х	Х	х	x :	х	х	х	х	х	х				0	0	х
אואר או שר	V	ifth jhana consciousness with equanimity and one-pointedness	59	х	x x	X	х	х	х		>	x		х	х	х	х	х	x :	( x	х	х	х	х	х	х	х	х	х	х	х						х
RESULTANT WHOLESON	s	ame as 55–59, Inly resultant onsciousness	60–64	х	x x	x	х	х	х		same	as 55-	-59		х	х	х	Х	x 3	( x	x	х	х	х	x :	х	х	х	х	х	х				"		Х
FUNCTIONAL		ame as 55–59, only functional onsciousn	65–69	х	x x	x	X	х	х		same	as 55-	-59		х	х	х	х	x 3	( x	x x	х	х	х	x :	x x	х	x	х	х	х				"		х
	0	vholesome jhana onsciousness lwelling on the	70	х	x x	X	X	х	X		×	x		х	х	Х	х	Х	x :	( x	x x	х	Х	х	X :	x x	Х	X	х	х	х				+		х
SOME		vinfinity of space" vholesome jhana cons. dwelling on the vinfinity of consciousness"	71	Х	x x	X	х	Х	х		×	x x		Х	Х	х	х	х	x 3	( x	x	х	х	х	x :	x x	x	х	х	х	х						Х
WHOLESOME		wholesome jhana consciousness lwelling on "nothingness"	72	х	хх	x	х	х	х		×	x x		Х	х	х	х	х	x 3	< x	х	х	х	х	х :	x x	х	x	х	х	х						х
LTANT WHOLESC	v	wholesome jhana cons. wherein "perception neither s nor is not"	73	х	х	X	х	х	х		×	x		Х	х	х	х	х	x 2	( x	х	х	х	х	х	x x	х	Х	х	х	х						х
RESULTANT	S	ame as 70–73, only resultant onsciousness	74–77	х	x x	х	х	х	х		×	x		х	х	х	х	х	x 3	( x	x	х	х	х	x :	х	х	х	х	х	х						х
FUNCTIONAL	S	ame as 70–73, Inly functional onsciousness	78–81	Х	x x	x	X	х	х		Х	x		х	х	х	х	х	x :	< x	x x	х	х	х	x :	x x	X	x	х	х	х						х
	P	irst stage, path of enlightenment hrough jhanas1-5	82–86	х	x x	X	X	х	X	same	e as #5	5–59	<u> </u>		х	х	Х	Х	x ;	( x	x	х	х	Х	x :	x x	X	X	х	х	х	х	х	х	+		х
WHOLESOME	s F	econd stage, path of enlightenment hrough jhanas 1-5	87–91	х	x x	Х	х	х	х	same	e as #5	5–59			х	х	х	х	x :	( x	х	х	х	х	х :	x x	х	х	х	х	х	х	х	х			х
WHOLI	t F	hird stage, oath of enlightenment hrough jhanas 1-5	92–96	х	x x	X	х	х	х	same	e as #5	5–59			х	х	х	х	x :	( x	х	х	Х	Х	х	х	х	х	Х	х	х	х	х	х			х
INT	t	ourth stage, path of enlightenment hrough jhanas 1-5	97–101	х	х	. x	x	х	х	same	e as #5	5–59			х	Х	х	х	x :	( x	x	Х	Х	х	х .	х	Х	Х	Х	х	х	Х	х	Х	_		Х
NO N	jl	ruition of first path of enlightenment, hanas 1-5	102–106	х	x x	х	х	х	х	same	e as #5	5–59			х	Х	х	х	x 3	( x	х	х	Х	х	х :	х	Х	Х	Х	х	х	х	х	х	_	_	Х
RESULTANT	- 1	ruition of second path  of enlightenment,  hanas 1-5  ruition of third path	107–111	Х	x x	X	x	х	х	same	e as #5	5–59			х	Х	х	х	x :	( x	х	х	Х	х	X :	x x	Х	Х	Х	х	х	Х	х	х	_	-	Х
RES	j	ruition of third path of enlightenment, hanas 1-5 ruition of fourth path	112–116	х	x x	X	х	х	Х	same	e as #5	5–59			х	Х	х	х	x 3	( x	x	х	Х	Х	х .	х	Х	Х	Х	х	х	х	х	Х	_		х
	c	of enlightenment, hanas 1-5	117–121	х	х	x	х	х	х	same	e as #5	5–59			х	х	х	х	x   :	< x	х	х	Х	х	x   :	х	х	х	х	х	х	х	х	х		mns 1	х

‡ - Abstinences †† - Illimitables

absent in the fine material sphere, immaterial sphere, and supramundance consciousnesses.

MENTAL STATES

### **APPENDIX 4:** UPROOTING **DEFILEMENTS** 2nd Stage of 1st Stage of Enlightenment 3rd Stage of 4th Stage of Enlightenment Enlightenment Enlightenment x x x х х Χ Wrong view Completely Wrong thought Completely Wrong speech: false Completely Wrong speech: slander Χ Lower rebirth Gross forms Completely Wrong speech: harsh Lower rebirth Gross forms Completely Χ Wrong speech: frivolous Lower rebirth Gross forms Subtle forms Completely Wrong action Completely Wrong livelihood Χ Completely Wrong effort Completely Wrong mindfulness Completely Χ Wrong concentration Completely Completely Wrong knowledge Wrong deliverance Completely Χ Completely Rites and Ceremonies Completely Χ 20 personality views of self Completely Completely Any type of wrong view Sense desire w/wrong view Completely Killing Completely Stealing Completely Sexual misconduct Completely Contempt Completely Domineering attitude Completely Envy Completely Stinginess Completely Deceit Completely Fraud Completely 4 Unjust biases or wrong behavior due to desire, hatred, delusion, fear Completely 5 Stinginess re: lodging, supporters/friends/relatives, Completely beauty, knowledge, gain X X 2 X Lower rebirth Aversion/hatred/ill will/anger Gross forms Completely Aversion to disagreeable Lower rebirth Gross forms Completely Regret Completely Completely Negligence Ignorance/delusion ХХ Subtle forms Lower rebirth Gross forms Completely Χ Sloth and torpor Lower rebirth Gross forms Subtle forms Completely Restlessness ХХ Gross forms Completely Χ Moral shamelessness Gross forms Subtle forms Completely Χ Moral fearlessness Lower rebirth Gross forms Subtle forms Completely Χ Greed Gross forms Subtle forms Completely Lower rebirth Sense pleasure Lower rebirth Gross forms Subtle forms Completely Lower rebirth Completely Delight in agreeable Lower rebirth Gross forms Subtle forms Completely Attachment wo/wrong view Gross forms Subtle forms Completely Lower rebirth х х Taint of existence Lower rebirth Subtle forms Gross forms Completely Subtle forms Fine-material desire Lower rebirth Gross forms Completely Immaterial desire Lower rebirth Gross forms Completely Selfishness Lower rebirth Gross forms Subtle forms Completely Obstinacy Lower rebirth Gross forms Subtle forms Completely Disdain Gross forms Subtle forms Completely Lower rebirth Arrogance Lower rebirth Gross forms Completely

## Appendixes 4–7 of *Manual of Insight* by Mahāsi Sayadaw

	PPENDIX 5						KAI	мма-в	ORN						MIND	BORN				HEAT-	BORN		ll .	OD- ORN
M	AIEKIALII	, v		EYE-10	EAR-10	NOSE-10	TONGUE-10	BODY-10	FEMINITY-10	MASCULINITY-10	BASE-10	VITAL-9	PURE-8	BODILY COMMUNICATION-9	VOCAL COMMUNICATION-10	LIGHTNESS-11	BODILY INTIMATION-12	VOCAL INTIMATION-13	PURE-8	SOUND-9	LIGHTNESS-11	SOUND-12	PURE-8	
				1	2	3	4	5	6	7	8	9	1	2	3	4	5	6	1	2	3	4	1	T
	5	EARTH	1	х	Х	Х	Х	Х	Х	Х	Х	Х	Х	Х	Х	Х	Х	Х	Х	Х	Х	Х	Х	Ī
	LEMEN	WATER	2	Х	х	х	х	Х	х	Х	Х	Х	Х	х	Х	Х	х	х	Х	х	х	х	х	
	4 PRIMARY ELEMENTS	FIRE	3	Х	х	х	х	Х	х	Х	Х	Х	Х	х	Х	Х	Х	х	Х	Х	Х	х	х	
	4 PR	AIR	4	Х	Х	Х	Х	Х	Х	Х	Х	Х	Х	Х	Х	Х	Х	Х	Х	Х	Х	Х	Х	
		EYE	5	Х																				Ť
		EAR	6		Х																			
	SENSITIVE	NOSE	7			Х																		T
	S =	TONGUE	8				Х																	T
iirioiiied)		BODY	9					Х																t
יווא כחוור		FORM/COLOR	10	Х	Х	Х	Х	Х	Х	Х	Х	Х	Х	Х	Х	Х	Х	Х	Х	Х	Х	Х	Х	T
(14 all ec ily collaliolled)	TING	SOUND	11												Х			Х		Х		х		T
C NIIN	STIMULATING	ODOUR	12	Х	Х	Х	Х	Х	Х	Х	Х	Х	Х	Х	Х	Х	Х	Х	Х	Х	Х	Х	Х	
24 SECONDART ELEMENTS	, o,	TASTE	13	Х	Х	Х	Х	Х	Х	Х	Х	Х	Х	Х	Х	Х	Х	Х	Х	Х	Х	Х	х	
SECOND	ER NTS	FEMININITY	14						Х															T
47	GENDER	MASCULINITY	15							Х														
	MIND BAS	E ELEMENT-HEART	16								Х													T
	LIFE ELEM	ENT-VITAL PRINCIPLE	17	Х	Х	Х	Х	Х	Х	Х	Х	Х												T
	NUTRIMEN	NT ELEMENT-FOOD	18	Х	Х	Х	Х	Х	Х	Х	Х	Х	Х	Х	Х	Х	Х	Х	Х	Х	Х	Х	Х	
•••••	SPACE ELE	EMENT	19																					T
	IICATIVE ENTS	BODY	20											Х			Х							
	COMMUNICATIVE	SPEECH	21												х			х						
litionied)	πi ∾	LIGHTNESS	22													х	х	х			х	х		
uly cond	ALTERABLE	MALLEABILITY	23													Х	Х	Х			Х	х		
(9 mairecuy conditioned)	H AI	WIELDINESS	24													Х	Х	х			Х	Х		
ت		PRODUCTIVITY	25																					Ī
	SIC	CONTINUITY	26																					
	PHASIC	DECAY	27																					
		IMPERMANENCE	28																					T

Vanity
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A	PPENDIX 6: PL	ANES OF EXISTENCE				
SA	I <i>MSĀRA</i> : 31 REALMS	G OF EXISTENCE				
#	Length time	31 PLANES		5 DESTINATIONS (Realms)		3 SPHERES (Existence)
1	indeterm.	Woeful States - 8 Major Hells		Hell		
2	п	Animal Kingdom		Animal	UNHAPPY	SENSE SPHERE (Sensuous existence)
3	п	Hungry Ghosts and Unhappy Spirits		Hungry Ghosts	STATES	,
4	п	Demons (Nonradiant Ones)				
5	п	Human Realm		Human		
6	500CY	Realm of the Four Kings	Н			
7	1,000CY	Realm of the 33 Gods/ <i>Tāvatiṁsa Heaven</i>	E			
8	2,000CY	Realm of the Yama Gods	A		HAPPY STATES	
9	4,000CY	Delightful Realm/ Tusita Heaven	V		SIMILS	
10	8,000CY	Realm of Gods Who Enjoy Their Own Creations	E			
11	16,000CY	Realm of Gods Who Enjoy Others' Creations	N			
12	1/3 AK	Realm of Brahma's Retinue	•	÷		
13	1/2 AK	Realm of Brahma's Ministers		<del>-</del>	1st JHĀNA	FINE-MATERIAL REALMS
14	1 AK	MahaBrahma		<del>-</del>		(Fine-material existence)
15	2 MK	Realm of Minor Lustre		*		
16	4 MK	Realm of Infinite Lustre		<del>-</del>	2nd/3rd JHĀNA	
17	8 MK	Realm of Radiant Lustre		<del>-</del>	JIIANA	
18	16 MK	Realm of Minor Aura	:	D		
19	32 MK	Realm of Infinite Aura		I V	4th JHĀNA	
20	64 MK	Realm of Steady Aura		I N	JIIANA	
21	500 MK	Realm of Great Reward		<b>€</b>		
22	500 MK	Realm of Mindless Beings		<del>-</del>	5th JHĀNA	
23	1,000 MK	Durable Realm			SHAIN	
24	2,000 MK	Serene Realm				
25	4,000 MK	Beautiful Realm	PURE ABODES			
26	8,000 MK	Clear-Sighted Realm				
27	16,000 MK	Highest Realm		:		
28	20,000 MK	Realm of Infinite Space				
29	40,000MK	Realm of Infinite Consciousness				FORMLESS REALMS
30	60,000MK	Realm of Nothingness		<u></u>		(Immaterial existence)
31	84,000MK	Realm of Neither Perception Nor Nonperception				

Completely

500 CY = 9,000,000 human years
16,000 CY = 9,216,000,000 human years
AK (ASANKHEYYAKAPPA) = incalculable cycle
MK (MAHAKAPPA) = 4 AK

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APPENDI	X 7: MENTAL PR	OCESS FUNCT	IONS		SSS				-fold s pressio						nction: ognitio				
					Relinking, rebirth consciousness	nga)						ing					na)		
	SI	ENSE SPI	HERE		consc	Life-continuum ( <i>bhavaṅga</i> )						Five-sense-door adverting	ting				Ethical impulsion <i>(javana)</i>	ering	
	CO	NSCIOU:	SNESS		ebirth	) mnnı						-door	adver		ng	Se .	ulsion	regist	4+0
	CO	1130100	JIVESS		king,	-contir	ng	ring	Smelling	ng	Touching	-sense	Mind-door adverting	Receiving	Investigating	Determining	cal imp	Retention, registering	Deceases death
					Relir	Life	Seeing	Hearing	Sme	Tasting	Touc	Five	Minc	Rece	Inve	Dete	Ethi	Rete	200
			w/joy, w/x-view, unprompted	1															
			w/joy, w/x-view, prompted	2															Г
			w/joy, unprompted	3															
			w/joy, prompted	4															Г
		ATTACHMENT	w/equanimity, w/x-view, unprompted	5															
			w/equanimity, w/x-view, prompted	6															
	UNWHOLESOME		w/equanimity, unprompted	7															Г
			w/equanimity, prompted	8															Г
			unprompted	9															
		AVERSION	prompted	10															Г
			doubt	11															Г
		DELUSION	restlessness	12															
			wholesome	13															Г
		EYE	unwholesome	14															Г
			wholesome	15															Г
		EAR	unwholesome	16															
			wholesome	17															
		NOSE	unwholesome	18															
			wholesome	19															
	ROOTLESS RESULTANT	TONGUE	unwholesome	20															
	RESULIANT		wholesome, comfort	21															Г
		BODY	unwholesome, pain	22															
SENSE			wholesome, eq.	23															
SPHERE CONSCIOUSNESS		RECEIVING	unwholesome, eq.	24															
			wholesome, eq.	25															
SPHERE		INVESTIGATING	unwholesome, eq.	26															
			wholesome, joy	27															
		FIVE SENSE DO		28															
	ROOTLESS	MIND DOOR AD	VERTING	29															
	FUNCTIONAL	SMILE PRODUCI	NG ❖	30													*		
			w/joy, w/knowledge, unprompted	31															
			w/joy, w/knowledge, prompted	32															
			w/joy, unprompted	33															
			w/joy, prompted	34															
		WHOLESOME	w/equanimity, w/knowledge, unprompted	35															
			w/equanimity, w/knowledge, prompted	36															
			w/equanimity, unprompted	37															
	BEAUTIFUL		w/equanimity, prompted	38															
	SENSE SPHERE		w/joy, w/knowledge, unprompted	39							H								
	CONSCIOUSNESS		w/joy, w/knowledge, prompted	40							H								
			w/joy, unprompted	41															
			w/joy, prompted	42															
		RESULTANT	w/equanimity, w/knowledge, unprompted	43							$\vdash$								
			w/equanimity, w/knowledge, prompted	44															
			w/equanimity, unprompted	45															
			w/equanimity, unprompted w/equanimity, prompted	46															

❖-Arahant only

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