

60.1

Handbooks of Meditation in Society 1-6

by Piya Tan ©TAN Beng Sin, 2022, 3rd rev ed 2023

20 years of full-time sutta translation and teaching

by Piya Tan (TAN Beng Sin)

assisted by Ratna Lim and family

2002-2023

SD 60.1 • Handbooks of Meditation in Society (series title = HMS)

SD 60.1a • How to be mindful: character analysis (HMS 1)

An analytical study of Buddhaghosa's 6 character types, especially in relation of meditation

SD 60.1b • Types of meditation: Samatha, Vipassana, Kammatthana (HMS 2)

A contemporary study of Samatha and Vipassana.

Burmese Vipassana: its origins and developments

Thai Kammatthana: its main teachers and traditions

SD 60.1c • Modern meditation: the rhetoric of Buddhist experience (HMS 3)

Why and how Buddhism is successful in the West

How some Japanese teachers are reinventing Buddhism

Why some people are leaving Buddhism and Vipassana

SD 60.1d • An evolutionary psychology of mindfulness (HMS 4)

How Asian teachers are teaching mindfulness and meditation

How meditation can deceive us and how not to be deceived

Modern forms of Theravāda meditations

Self-deception and how to avoid it

(HMS 5)

SD 60.1e • Delusion and experience: epistemology, psychology, Abhidhamma

McMindfulness & Buddhist delusion

How psychology is taking over Buddhism

How Abhidhamma can help us

(HMS 6)

SD 60.1f • Psychopathology of mindfulness: when religion and meditation fail

The Buddhist roots of TM (Transcendental Meditation)

Altered states of consciousness (ASC) in Buddhism

Why many Buddhists are narcissists

Early Buddhism and the extended mind

How streamwinners, once-returners, non-returners and arhats are certified today

The difficulties and dangers with Buddhist meditations: how to avoid them

Respecting the past and learning from the present for a Dhamma future

Handbook of Meditation in Society 1+2

Sutta Discovery vol 60.1ab

Themes: Character analysis; and Samatha, Vipassana, Kammatthāna

Page

- A. TEXTUAL CONVENTIONS. (The Pali Canon, etc.) See the SD Guide
B. TECHNICAL CONVENTIONS. (Abbreviations, etc.) See the SD Guide

i-vi

Detailed Table of Contents

SD 60.1a		Character analysis. Visuddhi, magga ch 3 and Vimutti, magga ch 6
1	(1)	Meditation and character types. Temperament and meditation.
8	(2)	Character typology. Upatissa and Buddhaghosa.
15	(3)	The 6 character types. Temperament, character types, roots, faculties.
21	(4)	Conclusion.
SD 60.1b		Samatha, Vipassanā, Kammatthāna
22	(1)	Modern meditation and Burmese Vipassana. 1.1 Religion and Buddhism. 1.2 An outsider's view of Buddhist meditation.
26	(2)	Vipassana. 2.1 Vipassana scholars. 2.2 Samatha-Vipassana terminology.
30		2.3 Burmese Vipassana. Ledi Sayadaw. Vipassana teachers and groups.
36		2.4 Vipassanā, Ledi Sayadaw and the "new Burmese meditation."
50		2.5 Developments in the Vipassana movement.
54	(3)	Siamese Kammatthana. Boran Kammatthāna.
57		3.2 The rhetoric of Kammatthāna.
59	(4)	Samatha. Siamese Samatha tradition. Siamese meditation masters.
65		4.2 Early history of Siamese Kammatthāna and other developments.
67		4.3 Boran Kammatthān. Esoteric Theravāda. Yogāvacara.
73		4.4 The old Siamese meditation. 4.5 History and Buddhism, lost and found.
78		4.6 The Siamese Samatha tradition.
79	(5)	The "new Siamese meditation."
84		5.6 Ajahn Buddhādāsa. 5.8 Buddhādāsa's breath meditation teaching.
106		5.12 Ajahn Chah Subhaddo.
109	(6)	The Samatha Trust. Boonman Poonyathiro.
121	(7)	Samatha-vipassana variations. Insight, "dry" and "wet."
128	(8)	Pa-Auk Sayadaw. Samatha and vipassana. 8.4 Breath meditation up to dhyana.
154		8.7 The 4 elements (kasiṇa).
161	(9)	The 4 divine abodes. 168 (10) The 4 protective meditations.
170	(11)	Discerning materiality in Vipassana. Buddhist atomism. <i>Kalāpa</i> .
186	(12)	Discerning materiality (<i>rūpa kammatthāna</i>).
205	(13)	Discerning mentality (<i>nāma kammatthāna</i>). Mental factors. Mental processes.
217	(14)	Discerning the links of dependent arising. Buddha's & Sāriputta's method.
225	(15)	Cultivating Vipassana. Vipassana knowledge. The 10 imperfections of insight.
239		A select bibliography

Meditation is the ground from which we rise into the space of freedom

Sutta translations & study: <http://dharmafarer.org>; Online sutta classes: t.me/suttasangha

ISBN 978-981-18-5504-7 (digital); ISBN 978-981-18-5505-4 (physical)

3rd revised edition ©2023 TAN Beng Sin
All rights reserved
Printed in Singapore

THE MINDING CENTRE, based in Singapore, is part of Piya Tan’s Dharma ministry. It was founded in 2006 to provide non-religious Dharma-based services to those in need of counsel and solace. It also serves as a haven and hub for those seeking Dharma by way of critical thinking, creative feeling, meditation, sutta translation and study, spiritual experience, and sharing that light and joy. The Centre also supports and promotes Piya Tan in his full-time Buddhist and related work.

Courses: <http://themindingcentre.org>

THE SUTTA DISCOVERY SERIES is part of the Living Word of the Buddha project which aspires to present and encourage an exploration of early Buddhism, both in a Dharma-inspired and academic manner for personal development as well as outreach work on a local and global scale. The Minding Centre and the Living Word of the Buddha project are motivated and guided by a quest for the historical Buddha and a vision of mere Buddhism.

Suttas: <http://dharmafarer.org>

THE MERE BUDDHIST VISION. We aspire to learn, teach and practise mere Buddha Dharma, or “non-religious Buddhism,” that is, Buddhism as simple as possible, as the teaching of the historical Buddha, so that it is open to all who seek true stillness and liberating wisdom. We aspire to compassionately and joyfully proclaim the possibility, necessity and urgency of gaining spiritual liberation in this life itself—at least as streamwinners, with or without dhyana—in keeping with the spirit of the Okkanta Saṃyutta (S 25). ***Mere Buddhism is easy: live it and be free.***

Piya Tan (TAN Beng Sin), 1949-
SD 60 series theme: Meditation in society
SD 60.1ab: Character analysis; and Samatha, Vipassana, Kammaṭṭhāna
Series: The living word of the Buddha (2002-)
First published 2022; 3rd rev 2023; publisher: the author
ISBN 978-981-18-5504-7 (digital)
ISBN 978-981-18-5505-4 (physical)

YOU can help Buddhism grow

Your pledge & support bring Dharma to others:

- Print Dharma and related books, and Internet Dharma**
- Support our sutta translation:** <http://dharmafarer.org>
- Sponsor our full-time Dharma work and global ministry**

WE GIVE
for the sake of a beautiful mind,
as a support for the mind (in inner peace).
(Aṭṭha Dāna Sutta, A 8.31/4:236)

60.1ab

Handbook of Meditation in Society 1+2

A brief historical and psychological survey by Piya Tan ©TAN Beng Sin, 2022, 3rd rev ed 2023

SD 60ab, Character analysis; Types of Meditation, is part of the multi-volume SD 60 Handbook of Meditation in Society: comprising (to date):

SD 60.1a	Character Analysis	SD 60.1d	An Evolutionary Psychology of Mindfulness
SD 60.1b	Samatha, Vipassana, Kammatthana	SD 60.1e	Delusion and Experience
SD 60.1c	The Rhetoric of Buddhist Experience	SD 60.1f	Psychopathology of Mindfulness

SD 60.1a Character analysis. Detailed Table of Contents (rev ed)

§	Topic	§	Topic
1	MEDITATION AND CHARACTER TYPES	3.1.1	Teachings on the character types
1.1	THE 4 MODES OF MEDITATION	3.1.2	Structure analysis of the types
1.1.1	The (Yuga,naddha) Paṭipadā Sutta (A 4.170)	3.2	AN ANALYSIS OF THE 6 CHARACTER TYPES
1.1.2	“Dharma-restlessness”	3.2.1	The lustful and the faithful
1.1.3	Samatha-vipassana and the 5 spiritual faculties	3.2.2	The hating and the intellectual
1.2	EXISTENTIAL ROOTS OF THE TYPES: CRAVING & IGNORANCE	3.2.3	The deluded and the speculative
1.2.1	Craving encompasses both lust and hate	3.2.4	Craving and views
1.2.2	Craving and view	3.3	THE 6 TYPES AND THE 5 FACULTIES
1.3	BUDDHAGHOSA’S PERSONALITY PSYCHOLOGY	3.3.1	The 5 faculties
2	CHARACTER TYPOLOGY: Upatissa and Buddhaghosa	3.3.2	Cultivating the faculties
2.1	UPATISSA’S TYPOLOGY (Vimutti,magga, ch 6)	3.3.3	The 4 right efforts
2.1.1	Upatissa’s character typology	3.3.4	The lustful
2.1.2	The 3 basic types and the 7 types of persons	3.3.5	The hating
2.2	BUDDHAGHOSA AND UPATISSA	3.3.6	The deluded
2.2.1	Buddhaghosa: the 7 types and the 3 types	3.3.7	The faithful
2.2.2	Elements and humours	3.3.8	The intellectual
3	THE 6 KINDS OF CHARACTER TYPES	3.3.9	The speculative
3.1	STRUCTURE OF THE 6 CHARACTER TYPES	4	CONCLUSION

SD 60.1b Types of meditation: Samatha, Vipassana, Kammatthana. Detailed contents

§	Topic	§	Topic
1	MEDITATION: MODERN, BURMESE & SIAMESE	2.1.1	Scholars’ views on meditation
1.1	RELIGION AND BUDDHISM	2.2	SAMATHA-VIPASSANA TERMINOLOGY
1.1.1	Academic study of religions	2.2.1	On the terms Samatha and Vipassana
1.1.2	Academic study of Buddhism	2.2.2	What is <i>vipassana</i> ?
1.1.3	Meditation studies	2.3	BURMESE VIPASSANA
1.1.4	Views on meditation: professional, practical	2.3.1	Burmese Buddhism and early Vipassana
1.2	AN OUTSIDER’S VIEW ON BUDDHIST MEDITATION	2.3.2	Pre-modern Vipassana in Burma
2	VIPASSANA	2.3.3	Ledi Sayadaw’s early years
2.1	VIPASSANA SCHOLARS	2.3.4	Ledi Sayadaw’s monastic learning

2.3.5	Ledi Sayadaw's writings	4.5.3	Monastic reforms in Siamese Buddhism
2.4	LEDI SAYADAW & THE "NEW BURMESE MEDITATION"	4.5.4	Modern Siamese monastic education
2.4.1	Vipassana, pure and dry	4.6	THE SIAMESE SAMATHA TRADITION
2.4.2	Ledi Sayadaw's influence	4.6.1	Bangkok was far away
2.4.3	Lone-star Vipassana teachers	5	THE "NEW SIAMESE MEDITATION"
2.4.4	Mohnyin Sayadaw (1872-1964)	5.1	MASTERS OF SIAMESE KAMMATTHANA
2.4.5	Mahasi Sayadaw (1904-1982)	5.2	AJAHN MUN BHURIDATTO (1870-1949)
2.4.6	Saya Thetgyi (1873-1945)	5.3	AJAHN LEE DHAMMADHĀRO (1907-1961)
2.4.7	U Ba Khin (1899-1931)	5.4	AJAHN KHAMDEE PABHASO (1902-1984)
2.4.8	Ledi Sayadaw and U Ba Khin compared	5.5	AJAHN SIM BUDDHĀCĀRO (1909-1992)
2.4.9	A practical Buddhism	5.6	AJAHN BUDDHADĀSA (1906-1993)
2.4.10	S N Goenka (1924-2013)	5.7	BUDDHADĀSA'S MEDITATION TEACHINGS
2.4.11	Goenka's Vipassana rhetoric	5.7.1	Good meditation and its healthy habits
2.5	DEVELOPMENTS IN THE VIPASSANA MOVEMENT	5.7.2	The 8 supports (<i>paccaya</i>) of meditation
2.5.1	Goenka and the IMC teachers	5.7.3	Chasing the breath, counting the breath
2.5.2	Vipassana in the US	5.8	BUDDHADASA'S BREATH MEDITATION TEACHING
3	SIAMESE KAMMATTHANA	5.8.1	(1) Contemplation of the body
3.1	ADAPTING BUDDHISM, ADAPTING TO IT?	5.8.2	(2) Contemplation of feelings
3.1.1	From Burmese Vipassana teachers	5.8.3	(3) Contemplation of the mind
3.1.2	Nature of Buddhist meditation	5.8.4	(4) Contemplation of Dharma
3.1.3	Nature of Thai Kammatthana	5.8.5	From samatha to vipassana
3.2	THE RHETORIC OF KAMMATTHANA	5.9	AJAHN THATE DESARANSI (1902-1994)
3.2.1	Practice-centred meditation	5.9.1	Friendship: Thammayut and forest monks
3.2.2	Meditation-centred network	5.10	AJAHN FEUANG JOTIKO (1915-1986)
3.2.3	Keeping to the suttas	5.10.2	His works
4	SAMATHA	5.11	AJAHN MAHA BUA (1913-2011)
4.1	SAMATHA IN EARLY BUDDHISM	5.11.1	The early years
4.1.1	Historical trend	5.11.5	Narrative propensity
4.1.2	Early Buddhist trends	5.12	AJAHN CHAH SUBHADDO (1918-1992)
4.1.3	Samatha, samadhi and dhyana	5.12.1	Chah's meditation training
4.1.4	Meditations leading to dhyana	5.12.2	Training western monks
4.2	SIAMESE KAMMATTHANA: EARLY HISTORY	5.12.3	Ajahn Chah's teachings
4.2.1	Pre-Siamese Buddhism	5.12.4	Associated monasteries of Chah lineage
4.2.2	Sukhothai and Ayutthaya	5.13	AJAHN SUWAT SUVACO (1919-2002)
4.2.3	Sri Lanka: The uses of ordination	6	THE SAMATHA TRUST
4.2.4	The rise of Siam	6.1	BOONMAN POONYATHIRO (1932-)
4.3	BORAN KAMMATTHANA	6.1.1	Youth
4.3.1	The "old Siamese meditation"	6.1.2	Boonman's monkhood
4.3.2	Esoteric Theravada	6.1.3	As a layman: India and the west
4.3.3	The Yogāvacara tradition	6.1.4	The Tibetan connection
4.3.4	Shamanic meditation mantras	6.2	SAMATHA TRUST: BUDDHISM FOR TODAY
4.4	THE OLD SIAMESE MEDITATION	6.2.1	Early history of the Samatha Trust
4.4.1	Developments	6.2.2	Samatha Trust meditation
4.5	HISTORY, LOST AND FOUND	6.2.3	The Samatha Trust spirit
4.5.1	Burmese-Siamese hostilities	6.3	SAMATHA IN THE US
4.5.2	State and sangha	6.4	REFLECTIONS: BOONMAN, SAMATHA TRUST

6.4.1	The ideal lay teacher	8.7.1	The earth element (<i>paṭhavī dhātu</i>)
6.4.2	The ideal lay Buddhist community	8.7.2	The water element (<i>āpo dhātu</i>)
7	SAMATHA-VIPASSANA VARIATIONS	8.7.3	The fire element (<i>tejo dhātu</i>)
7.1	INSIGHT, “DRY” AND “WET”	8.7.4	The wind element (<i>vāyo dhātu</i>)
7.1.1	“Dry” insight	8.8	THE 2 INDEPENDENT “ELEMENTS”
7.1.2	The “wet” approach	8.8.1	The perception of light (<i>āloka saññā</i>)
7.2	SAMATHA-BASED VIPASSANA	8.8.2	The perception of space (<i>ākāsa saññā</i>)
7.2.1	Vipassana based on the divine abodes	8.9	THE 4 FORMLESS ATTAINMENTS (SAMĀPATTI)
7.3	VIPASSANA-BASED SAMATHA	8.9.1	The base of boundless space
7.3.1	Watching rise-and-fall	8.9.2	The base of boundless consciousness
7.3.2	The 3 characteristics	8.9.3	The base of nothingness
7.4	THE WINGS OF A FLYING BIRD	8.9.4	Neither-perception-nor-non-perception
7.4.1	Space and light	9	THE 4 DIVINE ABODES (<i>brahma, vihāra</i>)
7.4.2	The spirit of renunciation	9.1	CULTIVATION OF LOVINGKINDNESS
7.4.3	The 2 hands of meditation	9.1.1	How to cultivate lovingkindness
8	PA-AUK SAYADAW (1934-)	9.1.2	Cultivating lovingkindness by person
8.1	LIFE OF PA-AUK SAYADAW	9.1.3	Breaking the barriers
8.1.1	Early life and monkhood	9.1.4	The categories of beings
8.1.2	Pa Auk’s teachings	9.1.5	Cultivating lovingkindness, 10 directions
8.1.3	Pa Auk’s meditation methods	9.2	CULTIVATION OF COMPASSION
8.2	MINDFULNESS AND CLEAR COMPREHENSION	9.2.1	Compassion to the suffering
8.2.1	Mindfulness (<i>sati</i>)	9.2.2	Compassion to the unseen sufferer
8.2.2	The 4 focuses of mindfulness	9.3	CULTIVATION OF JOY
8.2.3	Clear comprehension	9.4	CULTIVATION OF EQUANIMITY
8.2.4	Concentration (<i>samādhi</i>)	10	THE 4 PROTECTIVE MEDITATIONS
8.2.5	The nature of dhyana (<i>jhāna</i>)	10.1	WHY THE 4 PROTECTIVE MEDITATIONS
8.3	SAMADHI WITHOUT DHYANA	10.1.1	Protect what from what?
8.3.0	The 3 kinds of samadhi	10.1.2	The 4 protective meditations
8.3.1	Momentary concentration	10.2	RECOLLECTION OF THE BUDDHA
8.3.2	Access concentration	10.3	THE PERCEPTION OF FOULNESS
8.3.3	Attainment concentration	10.3.1	Arousing the sign
8.4	BREATH MEDITATION UP TO DHYANA	10.3.2	The nature of the sign
8.4.1	<i>What</i> to focus on: The breath	10.4	THE RECOLLECTION OF DEATH
8.4.2	From sitting to dhyana	10.4.1	Attaining the 1st dhyana
8.4.3	Getting into dhyana	10.4.2	A sense of urgency
8.4.4	Remaining in dhyana	11	DISCERNING MATERIALITY IN VIPASSANA
8.4.5	Emerging from dhyana	11.1	BUDDHIST ATOMISM
8.5	ATTAINING DHYANA WITH OTHER METHODS	11.1.1	Developments in the <i>kalāpa</i> theory
8.5.1	The 32 body-parts meditation	11.1.2	The material clusters (<i>kalāpa</i>)
8.5.2	The skeleton meditation	11.2	THE 3 TYPES OF MATERIAL CLUSTERS
8.6	THE 10 KASINAS	11.2.1	Our 5-facultied existence
8.6.1	The 4 colour kasiṇas	11.2.2	Materiality of the 3 types of <i>kalāpa</i>
8.6.2	The white kasina	11.2.3	Sensitive matter (<i>pasāda</i>)
8.6.3	The other colour kasinas	11.3	THE 4 ORIGINS OF MATERIALITY
8.7	THE 4 ELEMENTS (KASIṆA)	11.3.0	How materiality arises
8.7.0	The element kasiṇas with dhyana	11.3.1	Karma-born materiality

11.3.2	Consciousness-born materiality	13.1.3	Discerning name and form
11.3.3	Temperature-born materiality	13.1.4	Discerning dhyana mental processes
11.3.4	Nutriments-born materiality	13.1.5	The mind-door process
11.3.5	Materiality in contemporary language	13.2	HOW TO DISCERN SENSE-SPHERE PROCESSES
11.4	THE 4 ELEMENTS (VIPASSANA)	13.2.1	Wise attention, unwise attention
11.4.1	The element <i>kaṣiṇas</i>	13.2.2	Discerning the mind-door process
11.4.2	The elements meditation, no dhyana	13.2.3	The 5-door process
11.5	DISCERNING THE 4 ELEMENTS	13.3	MENTAL, INTERNAL AND EXTERNAL
11.5.1	Sutta teachings on the 4 elements	13.3.0	How to discern external mentality
11.5.2	The 12 characteristics of 4 elements	13.3.1	Materiality internally/externally
11.6	MEDITATING ON MATERIALITY	13.3.2	Mentality internally/externally
11.6.1	10 ways of developing concentration	14	THE LINKS OF DEPENDENT ARISING
12	DISCERNING MATERIALITY	14.1	METHODS OF DISCERNING DEPENDENT ARISING
12.1	SEEING BODY TRANSLUCENCE AS A BLOCK	14.1.1	How <i>nāma, rūpa</i> arises
12.1.1	The 4 kinds of compactness	14.1.2	The 2 methods
12.1.2	Seeing through compactness	14.2	THE 5 TH METHOD OF DEPENDENT ARISING
12.1.3	How to see the material clusters	14.2.1	The 10 links and 3 cycles
12.1.4	Benefits of concentration	14.2.2	How to discern our past lives
12.2	ANALYSING THE MATERIAL CLUSTERS	14.2.3	Case study 1: A female meditator
12.2.1	The elements: sensitive, non-sensitive	14.2.4	Case study 2: A male meditator
12.2.2	How we see the 4 elements	14.2.5	How to discern more past lives
12.2.3	Seeing colour and smell of materiality	14.2.6	Discerning the future
12.2.4	How we “see” the taste of materiality	14.3	DEPENDENT ARISING: 1 ST METHOD
12.2.5	How we “see” nutritive essence	14.3.1	Dependent arising of the 18 elements
12.2.6	Seeing life-faculty & sex-faculty	14.3.2	The 3-life dependent arising
12.2.7	How we “see” the heart materiality	15	CULTIVATING VIPASSANĀ
12.3	ANALYZING THE SENSE-FACULTIES	15.1	VIPASSANA KNOWLEDGE
12.3.1	How we analyse the sensitivities	15.1.0	Introduction
12.3.2	How we analyse sex materiality	15.1.1	Cultivating Comprehension Knowledge
12.3.3	The 54 types of materiality of the eye	15.2	THE 40 PERCEPTIONS
12.4	SEEING CONSCIOUSNESS-BORN MATERIALITY	15.2.1	The 40 perceptions
12.5	SEEING TEMPERATURE-BORN MATERIALITY	15.3	THE 7 WAYS OF REFLECTING ON MATERIALITY
12.6	SEEING NUTRIMENT-BORN MATERIALITY	15.4	THE 7 WAYS OF REFLECTING ON MENTALITY
12.6.1	Nutriments and clusters	15.5	KNOWLEDGE OF ARISING AND CEASING
12.6.2	Eating and clusters	15.5.0	Introduction
12.7	OVERVIEW	15.5.1	Detailed dependent arising
12.7.1	The full practice	15.5.2	Discerning the nature of ceasing
12.7.2	Discernment of materiality: overview	15.5.3	The nature of arising and ceasing
12.8	MATERIALITY AND MENTALITY: AN OVERVIEW	15.5.4	Knowledge of arising and ceasing
12.8.1	Aggregates: materiality & mentality	15.6	THE 20 IMPERFECTIONS OF INSIGHT
12.8.2	No “radical pluralism”	15.6.2	The 10 imperfections of vipassana
13	DISCERNING MENTALITY	15.7	THE KNOWLEDGE OF DISSOLUTION
13.0	MENTAL FACTORS (<i>CETASIKA</i>)	15.8	THE 1 ST 11 KNOWLEDGES
13.1	THE 4 ASPECTS OF MENTALITY	15.9	KNOWING AND SEEING NIRVANA
13.1.1	Consciousness and mental factors	15.10	REVIEW KNOWLEDGE
13.1.2	Mental processes	15.11	THE ESSENCE OF SAMATHA-VIPASSANA