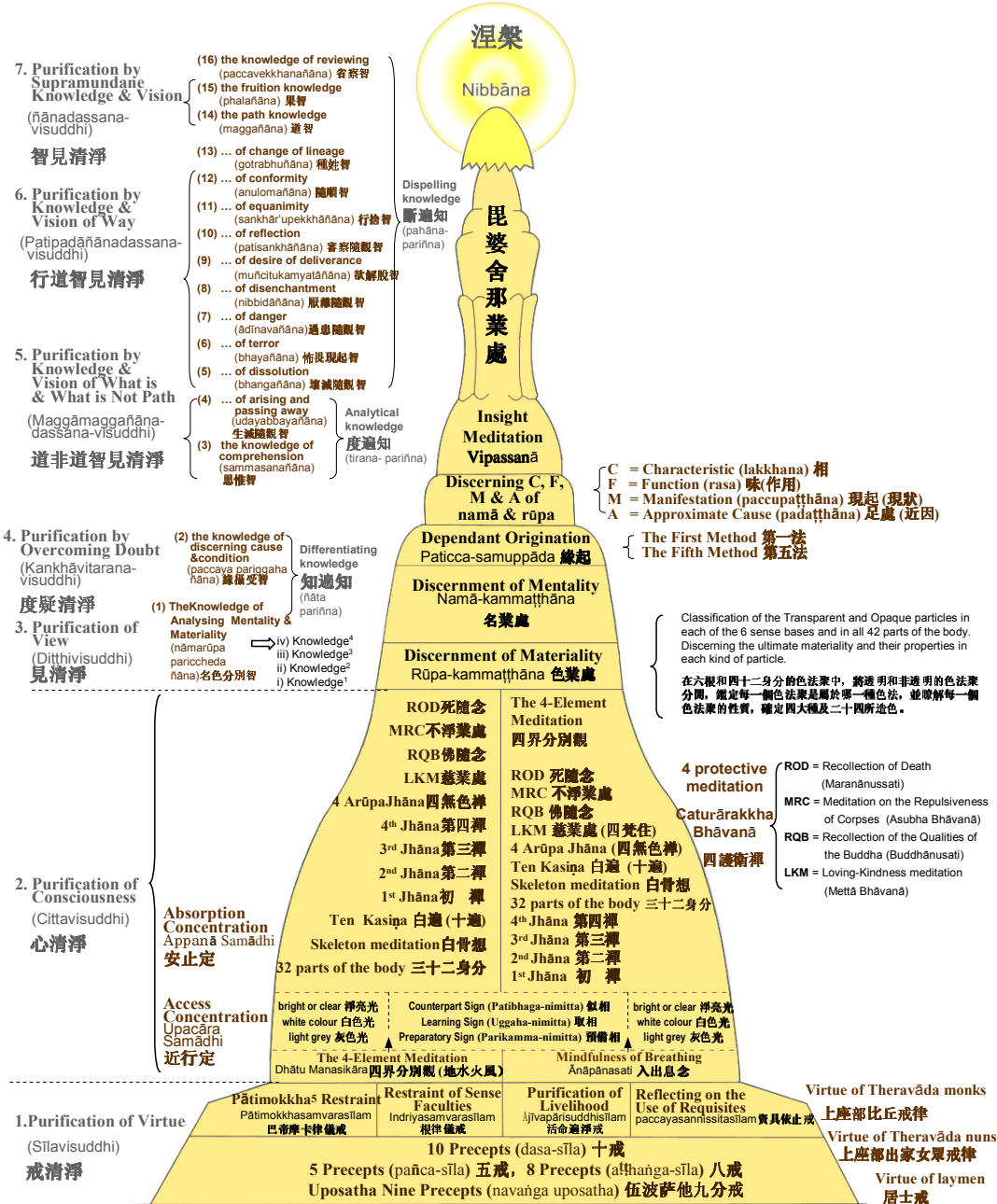


THE DIAGRAM SHOWING THE WAY TO PRACTICE

The Four Elements Meditation and Mindfulness of Breathing

帕奧禪林以安般念或四界分別觀入門之學程表

BEING EXERCISED IN PA-AUK FOREST MONASTERY, PA-AUK VILLAGE, MAWLAMYINE TOWNSHIP, MON STATE, UNION OF MYANMAR



1 = the knowledge that discerns materiality (rūpa pariggaha ṇāna) 色攝受智
 2 = the knowledge that discerns mentality (nāma pariggaha ṇāna) 名攝受智
 3 = the knowledge that discerns both mentality and materiality (nāma-rūpa pariggaha ṇāna) 名色攝受智
 4 = the knowledge that understands there is no person, being or soul but only mentality and materiality (nāmarūpa vavathāna ṇāna) 名色差別智
 5 = 227 rules for monks 上座部比丘的227條戒律