



Athula Dassana Dhamma School- Junior part 1

Abhidhamma (note 3)



Buddhists who practice to attain “perfect sainthood” reach it in 4 stages.

1. Stream entry (Sovan) – once attain this state they never go to 4 apaya’s
2. Once returning (Sakadagami)
3. Non-returning (Anagami) -they born in 5 Suddhavasas.
4. Perfect sainthood (Arahatta)

During above 4 stages, they will cut off 10 fetters (known as dasa sanjojana)

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| 1. Sakkaya Ditthi (wrong view of self) | } | These 3 fetters were destroyed once reached Stream entry (Sovan) |
| 2. Vichikiccha (doubts) | | |
| 3. Silabbata-paramasa (having faith on other religion) | | |
| 4. Kamaraga (desire for sensual pleasure) | } | These 2 fetters were destroyed once reached Non-returning (Anagami) |
| 5. Patigha (anger) | | |
| 6. Rupa raga (desire to reborn in fine material plane) | } | These 5 fetters were destroyed once reached Perfect sainthood (Arahatta) |
| 7. Arupa raga (desire to reborn on Immaterial plane) | | |
| 8. Mana (Conceit) | | |
| 9. Uddachcha(restlessness) | | |
| 10. Avijja (ignorance of reality) | | |

Jhana

Jhana can be attained by

1. Concentrating on an object (40)closely
2. Thus suppressing the 5 hindrances that block the mind.

Those five hindrances (Nivarana) are

1. Attachment (Kamachchanda)
2. Hatred(Vyapada)
3. Sloth (Thina-middha)
4. Restlessness (Uddhachcha-kukkuchcha)
5. Doubts (Vichikichcha)

Jhana Factors(Jhana Anga)

1. Initial Application (Vitakka) -Direct the mind towards object
2. Sustained Application (Vichara) -Examine the object
3. Joy or zest (Piti) - creates delightness
4. Pleasant feeling (sukha)
5. One pointedness (Ekaggata)

Hindarance	Inhibited Jhana Factor
Attachment	One pointedness
Hatred	Joy
Sloth	Initial Application
Restlessness	Restlessness
Doubts	Sustained Application

Forty Objects to focus/concentrate are

- 10 Kasina (meditation objects)
- 10 Asubha (10 stages of decomposing body)
- 10 Anussathi (reflections)
- 10 others (4 Illimitables , 4 Objects of formless consciousness , loathsomeness of food ,analysis of 4 fundamental elements of matter)

Those who reach 8 Jhana (Atta Samapaththi) can attain special knowledge called Abhinna.

There are 5 such special Knowledge (Pancha Abhinna)

1. Ability to perform magical powers (Iddhi vidha nana)
2. Ability to read others mind (Para Chitta vijanana nana)
3. Divine ear (Dibba sota nana)
4. Divine eye (Dibba chakku nana)
5. Ability to recollect past lives (pubbe Nivasanussathi nana)

Those who attain “perfect sainthood” will have another Abhinna called

6. Asavakkaya nana – elimination of all cankers

Buddha’s 6 kind of Incomparable knowledge

In addition to above, Samma Sambuddha had 6 unique knowledges

1. Knowledge of the development of others faculties (Indriya para pariyanthi nana)
2. Ability to understand mental attitude of others (Asayanusaya nana)
3. Ability to perform twin miracle (Yamaka prathiharya nana)
4. The great compassion to liberate from suffering (Maha karuna samapaththi nana)
5. Knowing all present, past and future (Sabannuta nana)
6. Ability/knowledge to see anything fully and completely (Anavaran nana)