

Summary of LP Jamnian's Vipassana Teaching at a Tibetan Monastery and at Hua Fan University, Taipei, Taiwan -- May 19-20, 2015

PRACTICING THE MIDDLE WAY

Practicing the 8-fold Noble Path along with the 4 Foundations of Mindfulness leads to Nibbana.

Contemplate deeply in the 5 aggregates until you see the true nature of their impermanence (anicca), dissatisfaction (dukkha) and non-self (anatta).

Investigate the citta/mind to see if any defilements (kilesas) surfaces, what type of defilements they are, and whether they already exist in the citta or just arising through the six sense doors. External inputs received through the six sense doors are imprinted in the citta and then become memories (sanna).

Input into the eyes is perceived as sight, into the ears as sound, into the nose as odor, into the tongue as taste, into the skin as touch, and into the mind as mental phenomena.

Every moment the consciousness arisen through the six sense doors, it is collected in memory (sanna). Mental fabrications (sankhara) are then further created. Consciousness (vinnana) knows all that is happening.

Sustained mindfulness (Mahasati) together with pure consciousness (pure knowing) lead to wisdom, witnessing the super mundane nature of the ultimate truth (Lokutara).

Practicing the 8-fold Noble Path along with the 4 Foundations of Mindfulness enables us to see clearly through the body, feeling, mind, and mental phenomena, leading to a realization that we are tricked by our own body. Once one sees non-self (anatta), one can then be liberated from repeated cycle of deaths.