

Satipatthana Meditation A Practice Guide

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vipassana bhavana - buddhism

vii the path to nibbana, which is the dhamma that extinguishes defilement and ends suffering, in detail, is the 16 knowledges (nanas=yanas in thai)e 16 yanas are actually a step-by-step realization by vipassana wisdom of the above-mentioned three characteristics ? which then leads to nibbanay certain of these yanas (1, 3, 4, 12) are crucial, and the others simply follow from them.

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