

LBV ADVANCED BUDDHISM SERIES  
2022 Thursday Series: Aug. 18 – Sep. 29: 7.00 PM-8.30 PM  
Instructor: Bhante Upananda  
Theme: MISSTEPS OF PERCEPTION

**Dear participant:**

**Please note that this Thursday course is intended for advanced learners willing to learn the Dhamma with reference to key Pali canonical/scriptural terms and phrases that are incorporated into a single theme. Therefore, questions asked must pertain to the theme.**

Session #2: August 25, 2022

1. Warning sign of saññā vipallāsa/vipariyesa:
  - a. Buddha warns against saññā as being like mirage (mañci'kūpamā saññā – Phēna Sutra).
  - b. Those who see the miragelike nature of saññā avoid the trap of māra (Dhammapada
  - c. Our entire existence is māra-oriented, and our actions can tempt us to run into the shelter of māra. We, therefore, need to be mindful of five types of māra: 1.Māra the Deity (deva māra), 2.selfhood māra (khandha māra), 3.defilement māra (kilēsa māra), 4.māra the karma, 5.māra the death (maccu māra)
2. Kāma-rāga (lust) seems to be what makes us take one of the most disastrous missteps of saññā. The Ānanda Sutra of the Samyutta Nikāya gives a clear account of how rāga can put even the life of a highly spiritual person in jeopardy. This sutra is based on a confession a monk, Vangīsa made before Venerable Ananada. The term 'saññā-vipallāsa/vipariyesa occurs in this sutra. Vangīsa gives a clear account of his missteps of rāga.
  - a. Vangīsa; "When lust attacks me, my mind is on fire (kāmarāgēna dayhāmi-cittam me paridayhati). Tell me how to put it out (nibbāpana= means of extinguishing). [There is no fire like lust – Dhammapada #202].
  - b. Ananda; "From missteps of perception (saññā-vipariyesa) your mind is on fire.
  - c. Shun the prognostication/enchantment of beauty which is accompanied by kāma-rāga (nimittam parivajjēhi – subham rāgūpasanhitam), and do focus your mind on the foulness of what you sense (asubhāya cittam bhāvēhi).
  - d. Ananda: Look at sankhāra from non-subjective approach (sankhārē paratoē passa). You must see sankhāra as not-self. Do not put yourself on fire again and again (mā dayihitthō punappunam).  
[Etymology of sankhāra: from sam+kr to prepare and gather, coefficients, fabrications. There are three types of fabrications: 1.mental (manō), 2.verbal (vacī), 3.bodily (kaya)]
  - e. Pursue/cultivate disenchantment (animittam ca bhāvēhi).
  - f. Then, through 'insight (abhisamaya) into the scourging nature of measuring (māna)' you will go on your way at peace. [māna or measuring (comparing) is typical of puthujjanas].