

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 6: September 22, 2022

The ten saññā of therapeutic value

Ananda, if you go to the monk Girimananda and tell him ten perceptions, it is possible that when he hears the ten perceptions his disease may be allayed. Which ten?

the perception of inconstancy (anicca-saññā),

the perception of not-self (anatta-saññā),

the perception of unattractiveness (asubha-saññā),

the perception of drawbacks (ādīnava-saññā),

the perception of abandoning (pahāna-saññā),

the perception of dispassion (virāga-saññā),

the perception of cessation (nirōdha-saññā),

the perception of distaste for every world (sabba-lōkē-anabhirata-saññā),

the perception of the undesirability of all fabrications (sabba-sankhārēsu-anicca-saññā), and mindfulness of in-and-out breathing (ānāpānasati).

(The Girimānanda Sutra: Anguttara Nikāya)