

# The Tenfold Path Workshop:

## Right knowledge and right liberation

Dates: 8, 15, 22 & 29 July 2023 (Saturday)

The BSWA is delighted to present yet another workshop in the series on Early Buddhism. We will continue where we left off with the last workshop, which completed the noble eightfold path. This means we will focus on factors nine and ten of the tenfold path, that is, right knowledge and right liberation. This brings us to the very end of the Buddhist path of practice, including the fruits of that practice.

On the first two Saturdays of this series (8/7 and 15/7) we will cover right knowledge. Right knowledge emerges from right stillness and concerns seeing one's personal experience according to reality. On the third Saturday (22/7) we will look at some of the common misconceptions concerning right knowledge and liberation. On the final Saturday (29/7) we will focus on right liberation, the freeing of the mind from entrapment in suffering.

### Lesson Plan:

Time	Plan
08:30 – 10:15	Session 1 (Live Streamed)
10:15 – 12:00	Lunch
12:00 – 12:30	Breakout Session
12:30 – 14:30	Session 2 (Live Streamed)

### General reading

- Ajahn Brahm, "Mindfulness, Bliss, and Beyond", (Chapter 14, Nibbāna)
- Ajahn Brahmali, "[Dependent Liberation](#)"
- Ajahn Brahmali, "[What the Nikāyas Say and Do not Say about Nibbāna](#)"
- Bhikkhu Sunyo, "[Viññāna Anidassana, The state of boundless consciousness](#)"
- Gil Fronsdal, "[From the Eightfold Path to the Tenfold Path](#)"
- Prof. P.D. Premasiri, "[Right Knowledge](#)"

### Course Content

#### Day 1, Saturday 8th of July: Right Knowledge 1

- Factor 9 and 10 of the tenfold path in context ([AN 10.103](#))
- Dependent liberation ([AN 10.2](#))
- Can you contemplate in the *jhānas*?
  - No: reviewing and emerging from *samādhi* ([AN 5.28](#), [AN 9.35](#))
  - Counter arguments ([MN 51](#), [MN 111](#))
- Knowledge and conduct always go together

- *Jhāna* + right view > reviewing/contemplating/reflecting/observing/directing the mind > right knowledge.

## Day 2, Saturday 15th of July: Right Knowledge 2

- What is right knowledge?
  - Four noble truths ([SN 56.1](#))
  - Three characteristics
  - Five aggregates ([SN 22.56](#), [SN 22.79](#))
  - Six sense fields ([SN 35.1](#))
  - Dependent origination ([SN 12.1](#))
  - Threefold knowledge ([AN 3.58](#))
- Contemplating the five aggregates ([MN 118](#), [MN 64](#), [MN 52](#)).

## Day 3, Saturday 22nd of July: Myths and Misconceptions

- Myth 1: Nibbāna is a kind of consciousness
- Myth 2: Nibbāna is kind of mind
- Myth 3: Extinguished fires keep existing
- Myth 4: The Buddha/*arahants* do not suffer
- Myth 5: Cessation is just annihilation
- Myth 6: Only the clinging aggregates are suffering, not the pure aggregates
- Myth 7: Nibbāna is “the unborn” thing, the “deathless” thing
- Myth 8: Nibbāna is a state or sphere.

## Day 4, Saturday 29th of July: Right Liberation

- Liberation from what exactly?
  - Defilements
  - Suffering = the five aggregates = existence
  - Liberation in both respects
- Liberation and Nibbāna ([SN 23.1](#), [SN 1.2](#))
- The meaning of “Nibbāna”
- The two types of Nibbāna ([Iti 44](#), [Thag 15.2](#))
  - Nibbāna at enlightenment
  - Nibbāna at passing away
- Nature of Nibbāna
  - Awakening vs. enlightenment
  - Only potsherds being left ([SN 12.51](#))
  - All feelings become cool at the end of life ([MN 140](#))
- *Anattā*: no entity comes to an end, only suffering ([MN 72](#), [SN 22.85](#))
- Conceit and enlightenment ([MN 140](#), [Ud 1.10](#))
- To help others, aim for enlightenment yourself; get out of the mud ([MN 8](#))
- Some say Nibbāna is cessation, others that it is a kind of eternalism; so how do we choose?
  - We need to zoom out and take a bird’s eye view
  - The safe bet: let go of as much as possible. “Nothing is worth holding on to” ([MN 37](#))
  - The view of cessation of existence is closer to non-clinging ([MN 60](#))
- What’s the purpose of extinguishment? ([SN 23.1](#))