



# **A Comprehensive Manual of Abhidhamma: The Abhidhammattha Sangaha (Vipassana Meditation and the Buddha's Teachings)**

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## A Comprehensive Manual of Abhidhamma: The Abhidhammattha Sangaha (Vipassana Meditation and the Buddha's Teachings)

This modern translation of the Abhidhammattha Sangaha (Manual of Abhidhamma) offers an introduction to Buddhism's fundamental philosophical psychology. Originally written in the 11th or 12th century, the Sangaha has served as the key to wisdom held in the Abhidhamma. Concisely surveyed are Abhidhamma's central themes, including states of consciousness and mental factors, the functions and processes of the mind, the material world, dependent arising, and the methods and stages of meditation. This presents an exact translation of the Sangaha alongside the original Pali text. A detailed, explanatory guide with more than 40 charts and tables lead readers through the complexities of Adhidhamma.

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