The Seven Stages of Purification

and

The Sixteen Insight Knowledges

1. Purification of Virtue

Sila (Moral Conduct)

- Precepts (includes Right Speech and Right Action; implies Right Livelihood)
- Guarding the Sense Doors
- Mindfulness and Clear Comprehension
- Being Content with Little (using the requisites with wise reflection)

2. Purification of Mind

Samadhi (Concentration)

- Abandoning of the Hindrances
- The Jhanas

3. Purification of View

The Beginning of the 16 Insight Knowledges (Vipassana)

1. Knowledge of the Delineation of Mind and Matter

4. Purification by Overcoming Doubt

2. Knowledge of Discerning Cause and Condition (includes Cause and Effect, Karma, Dependent Origination)

5. Purification by Knowledge and Vision of What is Path and Not-Path

3. Knowledge by Comprehension
   Overcoming the 10 Imperfections of Insight (1)
4. Knowledge of Contemplation of Arising and Passing Away (beginning stage)

6. Purification by Knowledge and Vision of the Way

4. Knowledge of Contemplation of Arising and Passing Away (mature stage)
5. Knowledge of Contemplation of Dissolution
6. Knowledge of Contemplation of Appearance as Terror
7. Knowledge of Contemplation of Danger
8. Knowledge of Contemplation of Disenchantment
9. Knowledge of Desire for Deliverance
10. Knowledge of Contemplation of Reflection
11. Knowledge of Equanimity about Formations
12. Knowledge in Conformity with Truth

7. Purification by Knowledge and Vision

13. Knowledge of Change of Lineage
14. Knowledge of Path
15. Knowledge of Fruit
16. Knowledge of Reflection

The above is taken principally from MN 24 - Ratha-vinita Sutta (The Relay Chariots Sutta) and
from Ven. Matara Sri Nañarama Mahathera's book The Seven Stages of Purification and the Insight Knowledges.

The details of the first 2 Stages of Purification can be found in the **Graduated Training** which occurs many times thruout the suttas.

The last 5 Stages - the 16 Insight Knowledges are briefly sketched in many places in the suttas as

- Disenchantment
- Dispassion
- Calm, Tranquility
- Higher knowledge
- Insights [of the higher stages of the Path]
- Nibbana

The most detailed exposition of the Insight Knowledges found in the suttas is in SN 12.23 - Upanisa Sutta (Transcendental Dependent Arising).

And finally, these Seven Stages form the outline for the Visuddhimagga (Path of Purification), the commentary from about 500 AD. Each stage is discussed in detail and the Insight Knowledges (the last 5 Stages) are dicussed quite excellently in Chapters 18 - 23.

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1. The 10 Imperfections of Insight:
    1. Illumination (obhāsa)
    2. Knowledge (ñāna)
    3. Rapture (piti)
    4. Calmness (passadhā)
    5. Happiness (sukha)
    6. Faith (adhimokkha)
    7. Energy (paggaha)
    8. Assurance (upaṭṭhāna)
    9. Equanimity (upekkhā)
    10. Attachment (nikanti)

Notice that only 1 of the 10 imperfections is an unwholesome state and that 3 of them are even factors of awakening. It's misunderstanding these occurances that is the imperfection, not the states themselves.

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