## Contents

**Preface**  
Preface ix

**Acknowledgments**  
ixi

**List of Abbreviations**  xviii

1 The structural relationship between philosophy and meditation 1
   1.1 The standard description of liberation 16
   1.2 “Cessation of perception and feeling” 32
   1.3 Broader theoretical perspectives 40
   1.4 Methodological considerations: which texts will be relied on and why? 50

2 A philosophy of being human 61
   2.1 Did the Buddha eschew metaphysics? 64
   2.2 Selflessness 76
   2.3 Dependent-origination (Paśiccasamuppāda) 86
   2.4 Summary 104

3 Mindfulness, or how philosophy becomes perception 106
   3.1 The Satipāṭhāna-sutta’s presentation of mindfulness 112
   3.2 On the relationship between the practice of mindfulness and jhāna-meditation 126
   3.3 Summary 134

4 The four noble truths as meditative perception 136
   4.1 This 145
   4.2 The four truths and dependent-origination 158
   4.3 The four truths and selflessness 164
   4.4 The fourth truth of the path 172
   4.5 The four observations and liberation 179
   4.6 The first sermon reconsidered 184
   4.7 Summary 187

5 Conclusion 188

References 193

Index 205