Means to Liberation

There are, monks, these five bases of liberation, and when a monk dwells diligent, ardent, and resolute in any of these, his unliberated mind comes to be liberated, his undestroyed taints undergo destruction, and he attains the as-yet-unattained unsurpassed security from bondage. What five?

1. The Teacher or a certain fellow monk in the position of at teacher teaches the dhamma to a monk. Even as the teacher teaches the Dhamma to him, that monk experiences the meaning and the Dhamma. When he gains such experience gladness arises. When he is gladdened, rapture arises; for one unlifted by rapture the body become calm; one calm in body feels happy; for one who is happy, the mind becomes concentrated. This is the first base of liberation.

2. [Or instead] the monk himself teaches the Dhamma in detail to others as he has learnt it and mastered it. Even as he teaches the Dhamma, the monk experiences the meaning and the Dhamma…..

3. [Or instead] he recites the Dhamma in detail as he has learnt it and mastered it. Even as he recites the Dhamma the monk experiences…

4. [or instead] he ponders, examines and mentally investigates the Dhamma…

5. [Or instead] he has learnt well a certain object of concentration, attends to it well, sustains it well, and penetrates it thoroughly with wisdom. ..

Anguttara Nikaya 5.26

Ten Fetters:

Released upon Entering the Stream:
  1. Self-identity view
  2. Doubt
  3. Grasping to ethics and practices

Reduced in a Once Returner and eliminated in a Non-Returner:
  4. Sensual Desire
  5. Ill-will

Released upon attaining Arahatship:
  6. grasping to the fine-material realm [corresponds to the four jhanas]
  7. grasping to formless realms [corresponds to formless absorptions]
  8. conceit
  9. restlessness
  10. conceit