

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 a 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 becomes 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 Arahantship:

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