



Liberation is Possible: The Upanisa Sutta Sacramento Insight Meditation

September 7, 2023

We often say that all things are the result of causes and conditions, and most teachings discuss how this leads to suffering when we try to hold on in the face of change. The foundational teaching of Dependent Origination is the best-known example. But causes and conditions can also lead to liberation. The lesser-known Discourse on Proximate Causes (Upanisa Sutta, Samyutta Nikaya 12.23) lays out a chain of causes that leads from suffering to the knowledge of liberation.

Understanding the steps in this chain of liberation can inform our practice and lead to happiness and peace. We will examine these steps and see how we might apply them to our practice.

Liberative Dependent Origination

Suffering →

Confidence →

Delight →

Joy →

Tranquility →

Happiness →

Concentration →

Seeing things as they are →

Disenchantment →

Dispassion →

Liberation →

Knowledge

Dependent Origination

Ignorance →

Volitional Formations →

Consciousness →

Name-and-Form →

The Six Sense Bases →

Contact →

Feeling Tone →

Craving →

Clinging →

Existence →

Birth →

Old age, Sickness and Death (Suffering)