

The Path of Freedom: Vimuttimagga

Soma Thera, N.R.M. Ehara

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The Path of Freedom, or Vimuttimagga, which serves as a meditation manual, is broadly considered a great and important work. It is similar to the Path of Purification, or Visuddhimagga, but less analytical and more practical in its treatment of the traditional meditation objects. Both are commentaries, not from the Pali Canon, but very relevant to it, especially to the section of the Pali Canon called the Abhidhamma which contains the philosophical treatises of the Buddha. There is considerable variance between traditions as to who is given credit for this great work, although it is widely held that it was written centuries after the time of the Buddha.



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