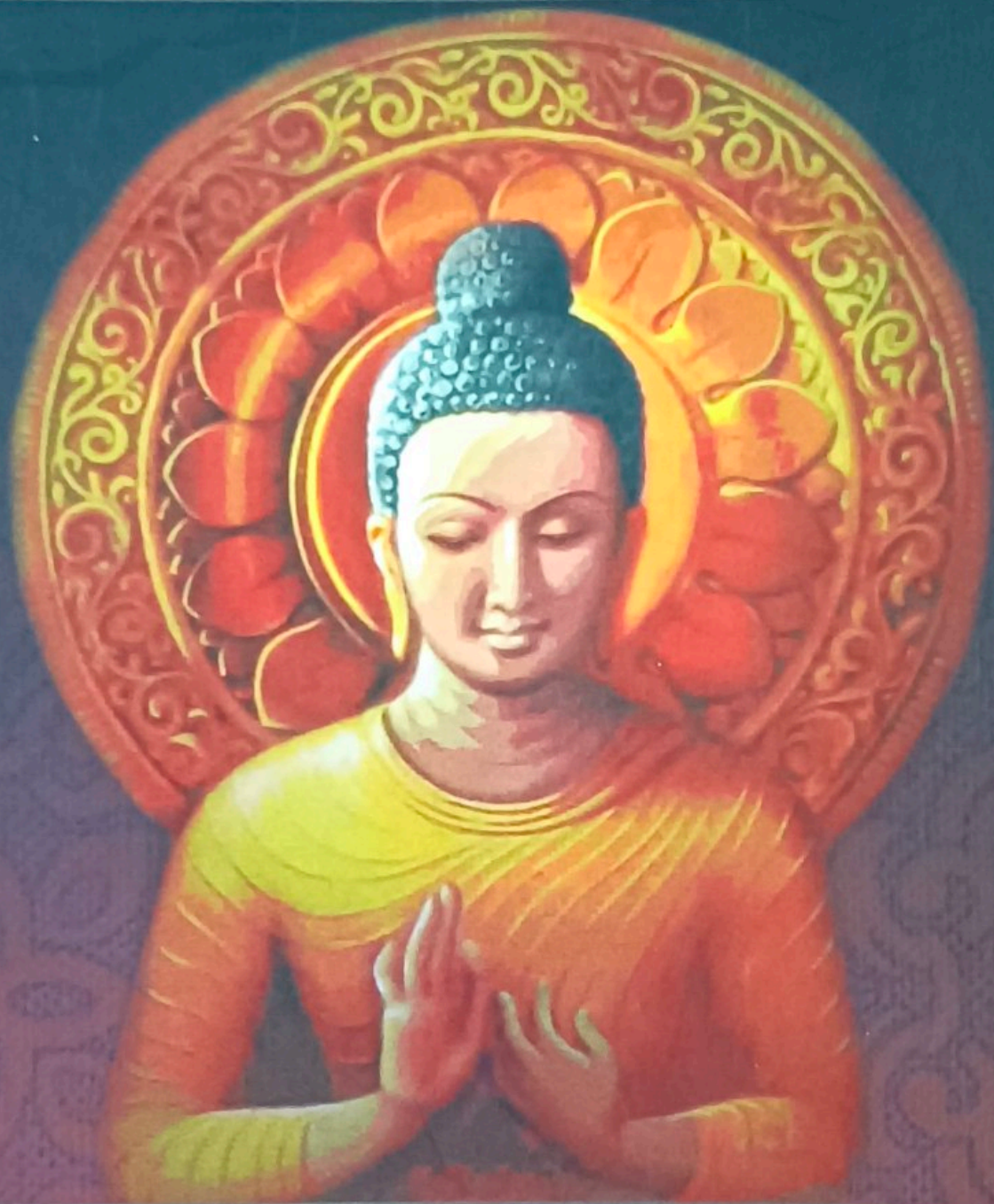


Encounters with Satipatthana
THE 84,000 DHAMMAKKHANDHA
OF BUDDHISM



'SUDDHADHAMMA'
DR. VINOD D. RANGARI

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The 84,000 Dhammakhandha of Buddhism
© Dr. Vinod D. Rangari

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Chapter 1
Introduction

“Mano-pubbangamaa dhammaa manosetthaa mano-mayaa
manasaa che padutthena bhaasati vaa karoti vaa
tato nam dukkham anveti chakkam va vahato padam.”

All that we are is the result of our thought: it is founded on our thoughts and made up of our thoughts. If a man speak or act with an evil thought, suffering follows him as a wheel follows the hoof of the bullocks that draws the cart.

Dhammapada-



The author of this book, Suddhadhamma would like to accept at the outset that he is not a regular writer on Buddhism and does not claim any type of expertise and scholarship in this field. He just simply wants to sincerely share his practical Satipatthana meditation experiences with his fellow beings. As revealed in the preface, while progressing on the path of the Satipatthana meditation, the author started feeling that his egoistic belief of I, me and mine should go away to merge with entire all in all, with nothingness. It is for this reason, author has almost avoided the use of first-person pronouns for himself. However, by avoiding the first-person pronouns for himself, the author does not have any intention to hide his personal identity from the readers. Hence it would be appropriate here to present a precise introduction of the author.

About the author:

The author Suddhadhamma beholds the name Vinod D. Rangari, who has been brought up from a very mediocre farmer's family in the central part of India. He had his primary and secondary education from a village school and later had his graduation, postgraduation and Ph.D. in the field of Pharmaceutical sciences with a specialization in Pharmacology. A teacher by profession, he is presently working as a Professor, Head and Dean at Institute of Pharmaceutical Sciences, Guru Ghasidas University, Bilaspur in Chhattisgarh state of India. He is involved in the teaching, research and administrative activities in the university. He is in the field of academics since about thirty years and has worked for his illustrious career as a lecturer, assistant professor, professor and principal at various Institutions of Pharmaceutical Sciences. at Udaipur, Nashik, Pune, Mysore, Himmatnagar, Bardoli, Bhopal and Nagpur in India.

Dr. Rangari's major fields of research interest are New Drug Discovery through medicinal plant research and phytochemistry. He has written five books in his professional career on Pharmacognosy and Phytochemistry. In the field of research he has filed patents on herbal drugs formulations and published many research papers in national and international journals. He has delivered many guest lectures in national and international seminars, symposia and conferences in India and abroad.

Dr. Rangari is a versatile personality with his acumen in research, art, poetry, philosophy and religion. However, the most favorite areas of his interests are Buddhism and Science. He has published his Dhamma poems in Marathi (Pravah) and Hindi (Safar) which associate the practical experiences of his life and humanity as a philosophy. He has devoted much of his time in exploring the relationship of Buddhist philosophy and science. He had been involved in many social and Dhamma activities in India. Dr. Rangari was invited five times for the United Nations Vesak Day Celebration at Bangkok, Thailand. In his quest, he has been successful in exploring the 84,000 Dhammakhandha of Buddhism which had been a topic of debate in the inner as well as outer spheres of Buddhism since over 2500 years. He has presented this research on 84,000 Dhammakhandha of Buddhism, at the International Seminar on Buddhist Contributions to Human Development, organized by International Buddhist Studies College, Mahachulalongkornrajavidyalaya University, Ayutthya, Thailand on May 23, 2018.

This is a kind of introduction, usually uncommon in such books. As the book is an exploratory content, mostly associated with the scientific analysis of the Dhammakhandha philosophy by the author, it is in climax with his worldly and visionary experiences. To justify both the outfits of the human mind, author wished to write this introduction heralding about his childhood upbringing, his visionary experiences and the dhamma activities. After the revelation of the 84,000 Dhammakhandha, author practiced Satipatthana meditation of four foundations of meditation on his own body and mind in very different and threatening conditions of life. Author would like to record some of these mediation experiences in the foregoing text. There had been many critical discussions during the progressive phases of the meditation practice. The author takes this opportunity to record some of them here for the proper and clear understanding of the authors viewpoint.

Dhamma Activities:

The author had the privilege of being born in a Buddhist family just after four years of Dr. Babasaheb Ambedkar's conversion to Buddhism in 1956. Since it was a period of change over to the Buddhist way of life, the Buddha and the five precepts were introduced to the