

# An Exposition of the Cognitive, Behavioural and Psychotherapeutic Aspects of the Sevenfold Purity

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Every individual except an Arahant suffers from problematic mentality according to Roga Sutta and Salleka Sutta<sup>1</sup>. The individual's mind is overwhelmed by The Noxious Trio<sup>2</sup> - greed, hatred and delusion. This causes problematic behavior and mentality.

The prime objective of this research paper is to expose the applicability of the Cognitive, Behavioral and Psychotherapeutic Aspects of the Sevenfold Purity to prevent and heal problematic behavior and mentality of individuals in the modern context.

This paper will present an analysis of how the Sevenfold Purity (Satta Visuddhi) expounded in the Rathavināta Sutta<sup>3</sup> as the seven successive methods of purification in Insight meditation can be applied to alleviate, prevent and cure detrimental behavior and malevolent mentality. The sevenfold successive method is as follows:

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|--|---|--|
| 1. Purity of Morality  | – | <i>Sīla-visuddhi</i>                   |
| 2. Purity of Mind  | – | <i>Citta-visuddhi</i>                  |
| 3. Purity of Views   | – | <i>Dimmhi-visuddhi</i>                 |
| 4. Purity of overcoming Doubts                                 | – | <i>KaGkhāvitaraGa-visuddhi</i>         |
| 5. Purity of Knowledge and Vision of what is Path and Not-Path | – | <i>Maggāmagga-ñāGadassana-visuddhi</i> |
| 6. Purity of Knowledge and Vision of the Way or Progress       | – | <i>Pamipadā-ñāGadassana-visuddhi</i>   |
| 7. Purity of Knowledge and Insight                             | – | <i>ÑāGadassana-visuddhi</i>            |

Each of the stages purifies body, mind and thoughts in a gradual process alleviating, preventing and curing mental problems and problematic behaviors. The Dasuttara Sutta<sup>4</sup> of Dīghanikāya explains the Sevenfold Purifications among nine factors of endeavor leading to purification (*pārisuddhi-paḥhāmiyaEga*), out of which the last two are purification of wisdom and purification of emancipation.

In the context of the seven successive methods of purification, purity in a nutshell means the elimination of unwholesome factors repugnant to purification.

## A Descriptive Exposition of the Cognitive, Behavioral and Psychotherapeutic Aspects of the Sevenfold Purity

### Purity of Morality (Sīla-visuddhi)

Moral purity is the purification attained through refraining from bodily and verbal misconduct as well as from unwholesome livelihood. It is the non-transgression through body or speech of the basic precepts

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