

abhippamodayaṃ

rejoice, please

cittappaṭisaṃvedī

mind + feeling

cittasaṅkhārappaṭisaṃvedī

mind + mental
reaction +
experience

kāyasaṅkhāraṃ

body + mental
reaction

nirodhānupassī

extinction +
observe

paṇidhāya

aspiring to,
having the
intention of

passambhayaṃ

calming down

paṭinissaggānupassī

relinquishment +
observe

pītippaṭisaṃvedī

joy, bliss +
experience

sabbakāyappaṭisaṃvedī

whole + body +
experience

samādahaṃ

composing,
concentrating

sikkhati

train

upaṭṭhapaṭvā

put forth,
provide, get
ready

vimocayaṃ

releasing,
liberating

virāgānupassī

dispassion +
experience