

Meditation Practice to Reach  
the Transcendental Buddha and  
Chakkavatti Body

2<sup>nd</sup> Edition

by

Phrarajbrahmathera (Veera Kanuttamo)

Former Vice Abbot and Former Headmaster of  
Vipassana Department

Wat Paknam Temple, Bangkok

Transcribed and Translated by Pittaya Wong on 4 October 2015

[www.meditation101.org](http://www.meditation101.org)



Today, I would like to talk about the Dhamma body or Dhammakaya. The Dhammakaya is *visuddhikhanda* or *dhammakhanda*. This is the body for liberation. If we wish to enter Nirvana, we can do so with the Dhamma body. Without the Dhamma body, we can never enter the Nirvana because the human body, refined human body, celestial body, Brahma body, and Arupa-Brahma body are unable to enter the Nirvana. We have to use the Dhamma body. Thus, the Dhamma body is the body of *asamkhatadhatu* and *asamkhatadhamma* meaning that he is no longer conditioned by factors. On the contrary, the

human body, celestial body, Brahma body, and Arupa-brahma body are the bodies of *samkhatadhatu* and *samkhatadhamma*, meaning that they are still conditioned by factors. So, they are *anicca* (impermanent), *dukkha* (suffering), and *anatta* (non-self) whereas the Dhamma body is *nicca* (permanent), *sukkha* (blissful), and *attaa* (true self).

Now that we see the [crude] Dhamma body [or the Dhammakaya] whose lap width[in seated cross-legged position] is less than 10 meters, we enter the middle of the Dhamma body, and we will see the Dhamma sphere which forms the Dhammakaya, followed by the *Sila* sphere, *Samadhi* sphere, *Panna* sphere, *Vimutti* sphere, and *Vimuttinanadassana* sphere. Then, we will see the refined Dhamma body which is clearer and more refined than the crude Dhamma body. Still the mind further into the middle of the refined Dhamma body, there will be the Dhamma sphere which forms the refined Dhamma body, *Sila* sphere, *Samadhi* sphere, *Panna* sphere, *Vimutti* sphere, and *Vimuttinanadassana* sphere. Then, we will see the [crude] Sotapanna body.

The [crude] Sotapanna body has the lap width of 10 meters and height [in seated cross-legged position] of 10 meters, crowned with a lotus bud. We still our mind [further] into the middle of the crude Sotapanna body, and we will see the Dhamma sphere which forms the crude Sotapanna body, *Sila* sphere, *Samadhi* sphere, *Panna* sphere, *Vimutti* sphere, and *Vimuttinanadassana* sphere [respectively]. Then, we will see the refined Sotapanna body. Still our mind further into the middle of the refined Sotapanna body, there will be the Dhamma sphere which forms the refined Sotapanna body, *Sila* sphere, *Samadhi* sphere, *Panna* sphere, *Vimutti* sphere, and *Vimuttinanadassana* sphere. Then, we will see the crude Sakadagami body whose lap width and height [in seated cross-legged position] are 20 meters, crowned with a lotus bud. Still the mind further into the middle of the crude Sakadagami body, we will see the Dhamma sphere which forms the crude Sakadagami body, *Sila* sphere, *Samadhi* sphere, *Panna* sphere, *Vimutti* sphere, and *Vimuttinanadassana* sphere. Then, we will see the refined Sakadagami body whose [lap] width and height are similarly 20 meters, but this body is clearer and more refined.

Next, still the mind further into the middle of the refined Sakadagami body, there will be the Dhamma sphere which forms the refined Sakadagami body, followed by the *Sila* sphere, *Samadhi* sphere, *Panna* sphere, *Vimutti* sphere, and *Vimuttinanadassana* sphere. Then, we will see the crude Anagami body which is 30 meters. Still the mind further into the middle of the crude Anagami body, there will be the Dhamma sphere which forms the crude Anagami body, *Sila* sphere, *Samadhi* sphere, *Panna* sphere, *Vimutti* sphere, and *Vimuttinanadassana* sphere. Then, we will see the refined Anagami body who has the Dhamma sphere which forms the refined Anagami body, *Sila* sphere, *Samadhi* sphere, *Panna* sphere, *Vimutti* sphere, and *Vimuttinanadassana* sphere. In the middle of the *Vimuttinanadassana* sphere, we will see the crude *Arahat* (or Arahant) body who has the lap width of 40 meters and the height [in seated cross-legged position] of 40 meters, crowned with a lotus bud.

In the middle of this body, we will see the Dhamma sphere which forms the 40 meters crude *Arahat* body, and we will see the *Sila* sphere, *Samadhi* sphere, *Panna* sphere, *Vimutti* sphere, and *Vimuttinanadassana* sphere. In the middle of the *Vimuttinanadassana* sphere, we will see the 40 meters

refined *Arahat* body, which is clearer and more refined than the crude *Arahat* body. In the middle, there are the Dhamma sphere which forms the refined *Arahat* body, *Sila* sphere, *Samadhi* sphere, *Panna* sphere, *Vimutti* sphere, and *Vimuttinanadassana* sphere. In the middle, we will see *Pra Nibbana* body. *Pra Nibbana* body resembles the *Arahat* body, but he has a base underneath [his body]. The previous ten bodies have no base, but this body [*Pra Nibbana*] has a base.

We still our mind further into the middle of the [transcendental] Buddha body, there will be the Dhamma sphere which forms the Buddha body, *Sila* sphere, *Samadhi* sphere, *Panna* sphere, *Vimutti* sphere, and *Vimuttinanadassana* sphere, and we will see the [transcendental and supramundane] *Chakkavatti* [or *Chakkapat*] body. The transcendental *Chakkavatti* body resembles the crowned and ornamented Buddha image. We still our mind further into the middle of the *Chakkavatti*, and we will see the Dhamma sphere, *Sila* sphere, *Samadhi* sphere, *Panna* sphere, *Vimutti* sphere, and *Vimuttinanadassana* sphere [respectively]. Then, we will continuously see the [transcendental] Buddha body, [transcendental] *Chakkavatti* body, Buddha body,

*Chakkavatti* body [alternatively and] infinitely. Regarding the sacred merit [*puñña*], it is infinite. We will continuously see the Buddha, *Chakkavatti*, Buddha, *Chakkavatti*, and so on infinitely. However, in term of sin, it will end at *Lokantara* [hell realm]. There are *raga*, *dhosa*, *moha*....., and it will end at *Lokantara*.

Therefore, we will see [that]... the merit [*puñña*] is more refined than the sin [*pāpa*] because merit is infinite. There will be Buddha, *Chakkavatti*, Buddha, *Chakkavatti*, and so on [alternatively]..... We enter the middle of the middle continuously and infinitely. When we proceed throughout the 18 bodies, we proceed further to *Nibbana* and proceed further into *Chakkavatti*, infinitely. This is the proceeding of the Merit Side or the White Side. As we proceed inward infinitely like this deeper and deeper, the bodies will automatically multiply and disperse or *bisadarn* into *tow*, *chood*, *chan*, *torn*, *parg*, and *pued*.

If we proceed into the 18 bodies more and more until reaching the *Nibbana(s)*, the Buddha(s), and the *Chakkavatti(s)* furthermore continuously, we will see [that] every [transcendental] body multiplies and disperses or *bisadarn* into *tow*, *chood*, *chan*, *torn*, *parg*, and

*pued*. Next, it will be the step for practicing *vijja* [the superknowledge of Dhammakaya] in the *bisadarn* level. As we attain the 18 bodies, it does not end yet because the bodies will multiply and disperse into *tow, chood, chan, torn, parg, and pued*. The refined human body will multiply and disperse into *tow, chood, chan, torn, parg, and pued*. This is the same to the celestial body, Brahma body, Arupa-Brahma body, Dhamma body, Sotapanna body, Sakadagami body, Anagami body, and Arahat body. All of them will multiply and disperse into *tow, chood, chan, torn, parg, and pued*. Also, the [transcendental] Buddha body and *Chakkavatti* body will multiply and disperse or *bisadarn* into *tow, chood, chan, torn, parg, and pued*..... These will go on automatically, and the number of bodies will increase furthermore.