

1. Practice tips and techniques, new tweaks and shortcuts, practice philosophy, the hierarchy of practice in an insight cycle, maybe some tips on getting PCE's (I've seen instructions but some are contradictory, some seem vague, some seem to just land me in 3rd jhana)
2. If anyone is also interested in gaining some insight (no pun intended), retreat advice, advice on getting stream entry/2nd/3rd/4th path
3. Tips on the watcher, non-dual practice, how to use the watcher to move through insight stages
4. Discussion of path moments, fruitions, how they might be experienced, re-experienced
5. Integration of insight in daily life
6. How jhana might be used in insight practice
7. Any new interesting meditation science
8. Any interesting meditation experiences people are having
9. Difficulties in practice/daily life related to practice, possibly DN discussion
10. Is it more difficult to enter nirodha-samapatti during a post-3rd-path insight cycle?
11. What are the mental factors of the Suddhavasa jhanas? Which mental factors do the Suddhavasa jhanas share with the form and formless jhanas, respectively? Is 'gratitude' a mental factor unique to the Suddhavasa jhanas?
12. Where do the Suddhavasa jhanas line up with the vipassana jhanas (according to you)?
13. What are the differences between nirodha-samapatti and a "standard" fruition? Affect seems to run two ways: unchecked excitation in the mind tenses the body, and tension in the body excites the mind. While the bliss-wave of fruition appears first in the mind and subsequently calms the body, nirodha-samapatti seems to hit both body and mind directly, as if every nerve has experienced fruition. Is nirodha-samapatti "touching nibbana with the body", whereas fruition-cessation is "[knowing nibbana by discernment](#)" (see second footnote)?
14. What is the wisdom eye referred to in MCTB chapter [A Revised Four Path Model](#)? Nikolai asked Daniel about it in [this old thread](#). What's the difference between the experience of an arahat in whom the wisdom eye has temporarily closed vs. an arahat

who has the wisdom eye permanently open?

15. Could be a big can of worms, but... AF discussion would be interesting... what is it, how does it relate to the practice in MCTB, comparing it to traditional attainments
16. Perhaps more expounding on “panoramic perspective” that is often mentioned as important for later paths...