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| **THE MIDDLE PATH TO ENLIGHTENMENT**  The Way to Wisdom, Compassion, and Liberation | | | | | |
| ***Four Noble Truths*** |  | | | | |
| • **Existence**  **of *dukkha***  This is the  *unsatisfactory*  nature of all  conditioned  phenomena. | ***Dukkha*** is:  ▪suffering  ▪unsatisfactoriness  ▪dissatisfaction  ▪anxiety  *Three types of*  *suffering*:  ▪suffering  of suffering  ▪suffering of change  ▪pervasive suffering  *Eight types of suffering*:  ▪birth ▪old age ▪illness ▪death ▪unpleasantness ▪separation from the pleasant ▪not getting what one wants ▪ the five aggregates | ***12 Links of***  ***Dependent***  ***Origination***  (*paticca-samuppada*)  ▪ignorance  ▪fabrications  ▪consciousness  ▪mind and body  ▪six senses  ▪contact  ▪feeling  ▪attachment  ▪craving  ▪becoming  ▪birth  ▪aging and death | ***Three Marks of***  ***Existence***  ▪impermanence, no  stability  (*anicca*)  ▪suffering,  Unsatisfactoriness  (*dukkha*)  ▪not-self,  empty of any  inherent existence  (*anatta*) | ***Ten Fetters***  (*samyojana*)  ▪self-illusion  ▪scepticism  ▪attachment to  rules and rituals  ▪sensual lust  ▪ill will  ▪craving for fine  corporeal  existence  ▪craving for non-  material  existence  ▪conceit  ▪restlessness  ▪ignorance | ***Five Hindrances***  (*nivarana*)  ▪sensual desire  ▪ill will and anger  ▪sloth and torpor  (drowsiness)  ▪restlessness and  worry  (agitation)  ▪doubt  (scepticism) |
| **• Cause of *dukkha***  This is *tanha* in Pali  meaning "thirst".  It is craving or desire. | ***Craving*** for  ▪sense pleasures  (sensual craving)  seeing/hearing  smelling/tasting  touching/thinking  ▪becoming  (existence)  ▪not-becoming  (self-annihilation) | ***Five Aggregates***  (*khandas*)  (components of which a human being is composed; the very factors of existence)  ▪matter (form)  ▪sensation or  feeling  ▪perception  (discrimination)  ▪mental  activities  ▪consciousness  (awareness) | ***Kilesa***  (defilements; destructive, disturbing, negative emotions; mental afflictions)  *Ten defilements* (first three are the roots of suffering):  ▪greed (*lobha*)  ▪hate (*dosa*)  ▪delusion (*moha*)  ▪conceit  ▪wrong views  ▪doubt  ▪torpor  ▪restlessness  ▪shamelessness  ▪recklessness | ***Mental States***  ***of Suffering***  *From greed*:  ▪avarice  ▪self-satisfaction  *From hate*:  ▪spite  ▪envy  ▪cruelty  ▪wrath  ▪vengeance  *From delusion*:  ▪dullness  ▪faithlessness  ▪laziness  ▪forgetfulness  ▪inattentiveness  ▪concealment | ***Eight Worldly***  ***Conditions***  ▪praise  ▪blame  ▪gain  ▪loss  ▪pleasure  ▪pain  ▪fame  ▪ill-fame |
| • **Cessation of *dukkha*** "What, now, is the Noble Truth of the Extinction of Suffering? It is the complete fading away and extinction  of this craving, its forsaking and abandonment, liberation and detachment from it" (*Digha Nikāya* 22). | | | | | |
| • **Path leading to cessation of *dukkha*: The Noble Eightfold Path** "To give oneself up to indulgence in Sensual Pleasure, the  base, common, vulgar, unholy, unprofitable; or to give oneself up to Self-mortification, the painful, unholy, unprofitable: both these  two extremes, the Perfect One has avoided, and has found out the Middle Path, which makes one both to see and to know, which  leads to peace, to discernment, to enlightenment, to Nibbāna" (*Samyutta Nikāya* LVI, 11). | | | | | |

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| ***The Noble Eightfold Path*** |  | | | | |
| **Wisdom** (*panna*)  • Right understanding  (or view)      • Right thought  (or intention) | ***Right View***  ***(Understanding)***  ▪Understanding the  Four Noble Truths  ▪At its deepest,  Right View *is*  Dependent  Origination.  ▪Discerning the true  nature of the Five  Aggregates of  clinging. | ***Five Spiritual Faculties and Strengths***  (*indriya* and *bala*)  ▪faith (conviction) ▪energy (effort)  ▪mindfulness ▪concentration  ▪wisdom  (discernment) | ***Seven Factors of Enlightenment***  (*bojjhanga*)  ▪mindfulness  ▪investigation  ▪energy  ▪rapture  ▪tranquillity  ▪concentration  ▪equanimity | ***Brahma-viharas***  (sublime states)  ▪loving-kindness  (*metta*)  ▪compassion  (*karuna*)  ▪empathetic joy  (*mudita*)  ▪equanimity  (*upekkha*) | ***38 Blessings***  ▪The *Maha*  *Mangala Sutta*  ▪A guide for life's  journey.  ▪May be organized  as:  (*sila*) [21],  (*samadhi*) [9],  (*pana*) [8]. |
| ***Right Thought (Intention)***  *Right thought*:  ▪good will  ▪not harming  ▪renunciation  *Wrong thought*:  ▪ill will  ▪harm  ▪sense desire | ***Ten Perfections***  (*parami*)  ▪generosity  ▪virtue  ▪renunciation  ▪discernment  ▪persistence  ▪patience  ▪truthfulness  ▪determination  ▪good will  ▪equanimity | ***True Dhamma:***  ***Eight Principles***  It leads to:  ▪dispassion  ▪being  unfettered  ▪shedding (not  accumulating) ▪modesty  ▪contentment  ▪seclusion (not  entanglement) ▪persistence (not  laziness) ▪being  unburdensome | ***Two Truths Teaching***  *Relative truth*:  ▪common-sense  truth  *Absolute truth*:  ▪ultimate reality  ▪empty of  inherent  characteristics  ▪not-self  (*anatta*)  ▪nature of five  aggregates  ▪nature of six  sense spheres | ***Four Imponderables***  (*Acintita Sutta*)  ▪range of powers  after becoming a  Buddha  ▪range of powers  obtained while  absorbed in  [*jhana*](http://en.m.wikipedia.org/wiki/Jhana)  ▪exact working of  *kamma* results  ▪conjecture about  the origin, etc.,  of the world |
| **Virtue** (*sila*)  • Right speech  • Right action  • Right livelihood | ***The Five Precepts***  (*panca-sila*)  To refrain from: ▪taking life.  ▪taking that which is  not freely given.  ▪sexual misconduct  (and misuse of the  senses).  ▪lying, slander, harsh  words, and idle  gossip.  ▪intoxicating drinks  and drugs which  lead to heedlessness. | ***Four Bases of Power***  (*iddhi*)  ▪desire (will)  ▪persistence  (effort)  ▪concentration  (intentness)  ▪investigation  (ingenuity) | ***Ten Non-Virtues***  *Body*:  ▪killing ▪stealing  ▪sexual  misconduct  *Speech*:  ▪lying  ▪divisive speech  ▪harsh words  ▪idle gossip  *Mind*: ▪covetousness  ▪harmful intent  ▪wrong views | ***Refuge in the Triple Gem***  ▪Originated by  The Buddha.  ▪One is officially  a Buddhist.  *The following chant is recited*:  ▪I go for refuge  in the Buddha.  ▪I go for refuge  in the Dhamma.  ▪I go for refuge  in the Sangha. | ***Four Stages of Enlightenment***  The Noble ones comprise four stages:  ▪stream-enterer  (*sotapanna*)  ▪once-returner  (*sakadagami*)  ▪non-returner  (*anagami*)  ▪arahant  (*arahat*) |
| **Concentration**  (*samadhi*)  • Right effort  • Right mindfulness  • Right concentration | ***Meditation***  ▪*samatha*:  quietude of  heart/mind  ▪*vipassana*:  clear seeing, insight | ***Right Effort***  *Unwholesome mental states*: ▪avoid  ▪overcome  *Wholesome mental states*: ▪develop  ▪maintain | ***Four Foundations of Mindfulness***  Mindfulness of: ▪physical body ▪feelings (or  sensations)  ▪mind states; moods  ▪mind-objects  (*dhammas* to be  mindful of) | ***Five Dhammas***  ***of which to Be Mindful***  ▪5 hindrances to  be abandoned  ▪7 factors of  Enlightenment  to be developed  ▪5 *khandas* to  see as arising  and passing  ▪6 senses and  any fetter  generated by  them  ▪4 Noble Truths | ***Nine Jhanas***  Consciousness states from periods of strong concentration:  *Form realm*:  ▪pleasant  sensations  ▪joy  ▪contentment  ▪utter  peacefulness  *Formless realms*:  ▪infinity of space  ▪infinity of  consciousness  ▪no-thingness  ▪neither  perception nor  non-perception  ▪cessation |
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