**List of Buddhist Lists**

Often one of the first things a newcomer to Buddhism is struck by is all the lists – the 4 of this, the 5 of that, 8 of these, and the 37(!) of those. This information may seem overwhelming, especially since there are 100s of lists. The following is an attempt to develop *a basic list of lists*. If one can get the mind wrapped around these lists, one will have many of the essentials necessary to understand the Buddha's teaching.

**Source**: Taken and adapted from "List of Buddhist Lists" produced by Leigh Brasington and found on his website, http://www.leighb.com/listlist.htm (accessed February 23, 2014). Kind permission to use his list was granted.

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| **One List of One** Mindfulness |
| **Two Lists of Two** |
| 1. 2 Things to Be Developed
* Wisdom
* Compassion
1. 2 Types of Truths
* Relative
* Absolute
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| **Three Lists of Three**1. 3 Characteristics of all Phenomena
* *anicca*   not stable; impermanent
* *dukkha*  unsatisfactory when clung to
* *anatta*   empty of any inherent existence
1. 3 Divisions of the Teachings
* *sila*   morality; virtue; ethics
* *samadhi*   concentration; indistractibility
* *pañña*   wisdom
1. 3 Refuges
* Buddha
* Dharma
* Sangha
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| **Four Lists of Four**1. 4 Noble Truths
* *dukkha* (suffering) happens
* *dukkha* is caused by craving
* Stop craving and *dukkha* stops
* Practice the 8-Fold Path to learn to stop craving

1. 4 Foundations of Mindfulness (*satipatthana*)
* *kaya*   the physical body
* [*vedana*](http://www.accesstoinsight.org/canon/sutta/samyutta/sn36-015.html)   initial reactions to sensory input
* *citta*   mind states; moods
* *dharmas*   phenomena with respect to 5 specific teachings
1. 4 Highest Emotions (*brahma-vihara*)
* *metta*   unconditional love
* *karuna*   compassion
* *mudita*   joy at others' (or one's own) good fortune
* *upekkha*   equanimity

1. 4 Right Efforts (*sammappadhana*)
* To make an unarisen, unwholesome state of mind not arise.
* To make an arisen, unwholesome state of mind cease.
* To make an unarisen, wholesome state of mind arise.
* To make an arisen, wholesome state of mind continue.

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| **Five Lists of Five**1. 5 Precepts
* To not kill living beings.
* To not take what is not given.
* To not act sexually in a way that is harmful.
* To not lie, slander, use harsh words, or gossip.
* To not partake of drugs and alcohol.  which lead to further confusion.
1. 5 Hindrances
* Sensual desire
* Anger and ill-will
* Sloth and torpor
* Restlessness and remorse
* Sceptical doubt
1. 5 *Khandas* [Heaps, Aggregates]
* *rupa*   physical form
* *viññana*   consciousness
* [*vedana*](http://www.accesstoinsight.org/canon/sutta/samyutta/sn36-015.html)   initial reactions to sensory input
* *sañña*   perception; identifying ability of the mind
* *sankhara*   mental formations (thoughts/emotions/memories)
1. 5 Faculties (*indriya*)   [same as 5 Strengths (*bala*)]
* *saddha* faith
* *viriya* energy
* *sati* mindfulness
* *samadhi* concentration
* *pañña* wisdom
1. 5 Dharmas of which to Be Mindful
* 5 Hindrances which should be abandoned.
* 7 Factors of Awakening which should be developed.
* [5 *Khandas*](http://www.leighb.com/listlist.htm#5khandas) which should be seen as arising and passing.
* 6 Senses which should be recognized and any fetter

 generated by them.* 4 Noble Truths which should be  penetrated with deep understanding.
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| **One List of Six**6 Senses * Seeing
* Hearing
* Smelling
* Tasting
* Touching
* Thinking
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| **One List of Seven**7 Factors of Awakening (*bojjhanga*) * Mindfulness
* Investigation of phenomena
* Energy
* Rapture
* Tranquillity
* Concentration
* Equanimity
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| **Two Lists of Eight**8-Fold Path (*ariya-magga*) * + Right Understanding (View)
	+ Right Thought (Intention)
	+ Right Speech
	+ Right Action
	+ Right Livelihood
	+ Right Effort
	+ Right Mindfulness
	+ Right Concentration

8 Worldly Concerns * + Praise / Blame
	+ Gain / Loss
	+ Pleasure / Pain
	+ Fame / Ill-fame
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| **One List of Ten**10 Perfections (*parami*) * + dāna generosity
	+ sīla virtue (morality)
	+ nekkhamma renunciation
	+ paññā discernment (wisdom)
	+ viriya energy/persistence
	+ khanti patience/forbearance (endurance)
	+ sacca truthfulness (truth)
	+ adhitthāna determination
	+ mettā good will (unconditional love)
	+ upekkhā equanimity
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| **One List of Twelve**12 Links of Dependent Origination (*paticca-samuppada*) * + Ignorance
	+ Fabrications
	+ Consciousness
	+ Mind and body (name and form)
	+ The 6 senses (sense bases)
	+ Contact
	+ Feeling (*vedana* – initial reaction to sensory input)
	+ Clinging (attachment)
	+ Craving (grasping)
	+ Becoming (existence)
	+ Birth
	+ Aging and death
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| **One List of Thirty-seven**37 Factors of Awakening * + 4 Foundations of Mindfulness (*satipatthana*)
	+ 4 Right Efforts (*sammappadhana*)
	+ 4 Bases of Power (*iddhipada*)
	+ 5 Faculties (*indriya*)
	+ 5 Strengths (*bala*)
	+ 7 Factors of Awakening (*bojjhanga*)
	+ 8-Fold Path (*ariya-magga*)
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