**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 |
| **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 |
| **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.   (continued) |

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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 |
| **One List of Seven**  7 Factors of Awakening (*bojjhanga*)   * Mindfulness * Investigation of phenomena * Energy * Rapture * Tranquillity * Concentration * Equanimity |
| **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 |
| **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 |
| **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 |
| **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*) |

Alexander Peck (with edits by Leigh Brasington) March 24, 2014