

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.

One List of One

Mindfulness

Two Lists of Two

1. 2 Things to Be Developed

- Wisdom
- Compassion

2. 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

2. 3 Divisions of the Teachings

- *sila* morality; virtue; ethics
- *samadhi* concentration; indistractibility
- *pañña* wisdom

3. 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

2. 4 Foundations of Mindfulness (*satipatthana*)

- *kaya* the physical body
- *vedana* initial reactions to sensory input
- *citta* mind states; moods
- *dharmas* phenomena with respect to 5 specific teachings

3. 4 Highest Emotions (*brahma-vihara*)

- *metta* unconditional love
- *karuna* compassion
- *mudita* joy at others' (or one's own) good fortune
- *upekkha* equanimity

4. 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)

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.

2. 5 Hindrances

- Sensual desire
- Anger and ill-will
- Sloth and torpor
- Restlessness and remorse
- Sceptical doubt

3. 5 *Khandas* [Heaps, Aggregates]

- *rupa* physical form
- *viññana* consciousness
- *vedana* initial reactions to sensory input
- *sañña* perception; identifying ability of the mind
- *sankhara* mental formations (thoughts/emotions/memories)

4. 5 Faculties (*indriya*) [same as 5 Strengths (*bala*)]

- *saddha* faith
- *viriya* energy
- *sati* mindfulness
- *samadhi* concentration
- *pañña* wisdom

5. 5 Dharmas of which to Be Mindful

- 5 Hindrances which should be abandoned.
- 7 Factors of Awakening which should be developed.
- 5 *Khandas* 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.

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*)