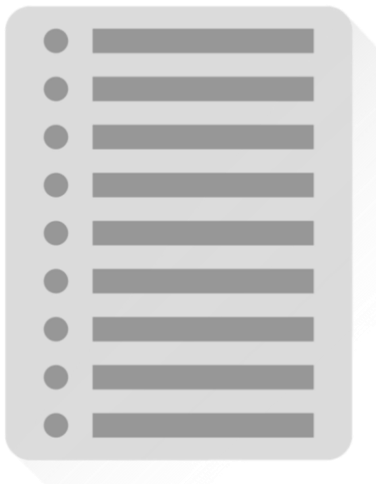


# *Dhamma Lists*



### **3 Cravings, taṇha**

sensual craving, kāma-taṇha

craving for existence, bhava-taṇha

craving for non-existence, vibhava-taṇha

### **3 Unwholesome Roots,**

**akusalamūla:**

greed, lobha

hatred, dosa

delusion, moha

### **4 Stages of Enlightenment:**

stream entrant, sotāpanna

once-returner, sakadāgāmī

nonreturner, anāgāmī

arahant, arahant

## **4 Factors for Stream Entry, sotāpattiyaṅgaṃ:**

Association with superior persons,  
sappurisasamsevo

Hearing the true dhamma,  
saddhammassavanam

Wise consideration,  
yonisomanasikāro

Practice in accordance with the  
Dhamma, dhammānu-  
dhammappaṭipatti

## **4 Establishment of Mindfulness, satipaṭṭhāna:**

contemplation of the body,  
kāyānupassana

contemplation of feelings,

vedanānupassana  
contemplation of mind,

cittānupassana  
contemplation of phenomenon,  
dhammānupassana

#### **4 Elements, dhātu:**

earth element, paṭhavīdhātu

water element, āpodhātu

heat element, tejodhātu

air element, vāyodhātu

#### **4 Taints, āsavas:**

taint of sensual pleasures, kāmāsava

taint of existence, bhavāsava

taint of ignorance, avijjāsava

taint of views, diṭṭhāsava

## **5 Faculties, pañcindriya:**

faith, saddhindriyam

energy, vīriyindriyam

mindfulness, satindriyam

concentration, samādhindriyam

wisdom, paññindriyam

## **5 Powers, pañca bala:**

faith, saddhābalaṃ

energy, vīriyabalaṃ

mindfulness, satibalaṃ

of concentration, samādhibalaṃ

wisdom, paññābalaṃ

## **5 Hindrances, nīvaraṇa:**

sensual desire, kāmacchanda

ill will, byāpāda

dullness-sleepiness, thīna- middha

restlessness-remorse, uddhacca-  
kukkucca  
doubt, vicikicchā

## **5 Aggregates, khandha:**

form, rūpa  
feeling, vedanā  
perception, saññā  
volitional formations, saṅkhāra  
consciousness, viññāṇa

## **5 Training Rules:**

to abstain from the destruction of  
life, pāṇātipātā veramaṇi  
...from stealing, adinnādānā  
veramaṇi  
...from sexual misconduct,  
kāmesumicchācārā veramaṇi  
...from false speech, musāvādā  
veramaṇi

...from liquor, wine, and intoxicants,  
the basis for heedlessness,  
surāmeraya-majjapamādaṭṭhānā  
veramaṇi

## **6 Qualities of the Dhamma, dhammaguna:**

Well expounded is the Dhamma by  
the Blessed One, Svākkhāto  
Bhagavatā Dhammo  
directly visible, sandiṭṭhiko  
unaffected by time, akāliko  
calling one to come and see,  
ehipassiko  
to be applied to one's self,  
opanayiko  
to be realized individually by the  
wise, paccattaṃ veditabbo  
viññūhīti.

## **6 Classes of Feeling:**

feeling born of eye-contact,  
cakkhusamphassajā vedanā,  
feeling born of ear-contact,  
sotasamphassajā vedanā,  
feeling born of nose-contact,  
ghānasamphassajā vedanā,  
feeling born of tongue-contact,  
jivhāsamphassajā vedanā,  
feeling born of body-contact,  
kāyasamphassajā vedanā,  
feeling born of mind-contact,  
manosamphassajā vedanā

## **7 Factors of Enlightenment, bojjhaṅge:**

the enlightenment factor of  
mindfulness, satisambojjhaṅga  
the enlightenment factor of



investigation of phenomenon,  
dhammavicayasambojjhaṅga  
the enlightenment factor of energy,  
vīriyasambojjhaṅga  
the enlightenment factor of rapture,  
pītisambojjhaṅga  
the enlightenment factor of  
tranquility, passaddhi-  
sambojjhaṅga  
the enlightenment factor of  
concentration, samādhi-  
sambojjhaṅga  
the enlightenment factor of  
equanimity, upekkhā-  
sambojjhaṅga

### **Noble Eightfold Path:**

right view, sammā diṭṭhi

right intention, sammā saṅkappa

right speech, sammā vācā  
right action, sammā kammanta  
right livelihood, sammā ājīva  
right effort, sammā vāyāma  
right mindfulness, sammā sati  
right concentration, sammā samādhi

## **8 Precepts:**

1. I undertake the training rule to abstain from taking life, pāṇātipātā veramaṇī sikkhā-padaṃ samādiyāmi
2. ...to abstain from stealing, adinnādānā veramaṇī sikkhā-padaṃ samādiyāmi
3. ...to abstain from all sexual activity, abrahmacariyā veramaṇī sikkhāpadaṃ samādiyāmi
4. ...to abstain from false speech,

musā vādā veramaṇī sikkhāpadaṃ  
samādiyāmi

5. ...to abstain from intoxicating  
drinks and drugs causing  
heedlessness., surā meraya majja  
pamādaṭṭhānā veramaṇī  
sikkhāpadaṃ samādiyāmi

6. ...to abstain from eating at  
improper times, vikāla bhojanā  
veramaṇī sikkhāpadaṃ  
samādiyāmi

7. ...to abstain from dancing, singing,  
music, shows, wearing garlands,  
using perfumes, and beautifying  
with cosmetics, nacca gīta vādita  
visūka dassana mālā gandha  
vilepana dhāraṇa maṇḍana  
vibhūsanatṭhānā veramaṇī  
sikkhāpadaṃ samādiyāmi

8. ...to abstain from the use of high  
and comfortable seats and beds,  
uccā sayana mahā sayanā  
veramaṇī sikkhāpadaṃ  
samādiyāmi

## **8 Worldly Conditions, lokadhammā**

gain–loss, lābha–alābha  
status–disgrace, yasa–ayasa  
blame–praise, nindā–pasamsā  
pleasure–pain, sukham–dukkham

## **9 Qualities of the Buddha, Buddhaguna:**

worthy one, araham  
supremely enlightened,  
sammāsambuddho  
endowed with knowledge and virtue,  
vijjā caraṇa sampanno

follower of the noble path, sugato  
knower of the worlds, loka vidu  
the peerless trainer of persons,  
anuttaro purisadama sārati  
teacher of gods and humans, satthā  
deva manussānam  
the enlightened one, buddho  
the blessed one, bhagava

## **9 Qualities of the Saṅgha, Saṅghaguna:**

of good conduct is the order of  
disciples of the Blessed One,  
supaṭipanno Bhagavato sāvaka  
saṅgho

of upright conduct is the order of  
disciples of the Blessed One, uju  
paṭipanno Bhagavato sāvaka  
saṅgho

of wise conduct is the order of  
disciples of the Blessed One, ñāya  
paṭipanno Bhagavato sāvaka  
saṅgho

of dutiful conduct is the order of  
disciples of the Blessed One,  
sāmīci paṭipanno Bhagavato  
sāvaka saṅgho

those four pairs of persons, the eight  
kinds of individuals; that is the  
order of disciples of the Blessed  
One, yadidaṃ cattāri purisa yugāni  
aṭṭha purisa puggalā; Esa  
Bhagavato sāvaka saṅgho

they are worthy of offerings,  
āhuneyyo

they are worthy of hospitality,  
pāhuneyyo

they are worthy of gifts,

dakkhiṇeyyo

they are worthy of reverential  
salutations, añjalikaraṇīyo  
an incompairable field of merit for  
the world, anuttaraṃ puñña-  
kkhettaṃ lokassā'ti

### **10 Fetters, saṃyojana:**

identity view, sakkāyadiṭṭhi  
doubt, vicikicchā  
distorted grasp actions, sīlabbata  
parāmāsa  
sensual desire, kāma-rāga  
ill will, byāpāda  
lust for form, rūpa-rāga  
lust for the formless, arūpa-rāga  
conceit, māna  
restlessness, uddhacca  
ignorance, avijjā

## **10 Unwholesome Actions:**

*3 Bodily conduct:*

killing, pāṇātipātī

stealing, adinnādāyī

sexual misconduct,

kāmesumicchācārī

*4 Verbal conduct:*

false speech, musāvādī

malicious speech, piṣuṇavāco

harsh speech, pharusavāco

gossip, samphappalāpī

*3 Mental conduct:*

covetousness, abhijjhālu

ill will & hate, byāpannacitto

wrong view, micchādiṭṭhi

## **10 Proper Topics of Discussion:**

Talk 1. on fewness of desires, 2. on contentment, 3. on solitude, 4. on not being bound up with others, 5.



on arousing energy, 6. on virtuous behavior, 7. on concentration, 8. on wisdom, 9. on liberation, 10. on knowledge and vision of liberation

### **13 factors of Dependent**

#### **Origination, paṭicca-samuppāda:**

ignorance, avijjā

formation/saṅkhāra, saṅkhāra

consciousness, viññāṇa

mentality & materiality, nāmarūpa

six sense faculties, saḷāyatana

contact, phassa

feeling, vedanā

craving, taṇhā

clinging, upādāna

arranging of kamma, bhava

birth, jāti

aging, jarā

death, maraṇa

### **32 Topics of Pointless Talk:**

Talk about 1. Politicians, 2. thieves, & 3. ministers of state; talk about 4. groups of people, 5. ghosts, & 6. wars; talk about 7. sports, 8. food & drinks, 9. garments, & 10. garlands; talk about 11. scents; talk about 12. relatives, 13. vehicles, 14. incidents in villages, 15. incidents in towns, 16. incidents in cities, & 17. incidents in countries; talk about 18. women & 19. men; talk about 20. alcohol; 21. incidents in streets talk & 22. talk by the well; talk about 23. the departed; 24. miscellaneous talk; 25. speculation about the world &

26. speculation about the sea; talk about 27. speculation of permanent things 28. nothing after death; talk about; 29. development of houses & lands 30. destruction of wealth of own and others; talk about; 31. satisfaction of sensual pleasures 32. ability to attain Nibbana by self-mortification.

### **31 Realms of Existence:**

*The Formless Worlds (28-31), ārūpalokā:*

Sphere of Neither-Perception-nor-

Non-Perception,

Nevasaññānāsaññāyatanaṃ

...of Nothingness,

Ākiñcaññāyatanaṃ

...of Infinite Consciousness,

Viññāṇañcāyatanaṃ

...of Infinite Space,

# Ākāsānañcāyatanam

*The Form World (12-27), Rūpalokā:*

World of the Highest High

Divinities, Akiñiṭṭhaka-

brahmaloko

...of the Clear-sighted High

Divinities, Sudassibrahmaloko

...of the Beautiful High Divinities,

Sudassabrahmaloko

...of the Untroubled High Divinities,

Atappabrahmaloko

...of the High Divinities Steadfast,

Avihabrahmaloko

...of Unconscious Beings,

Asaññāsattāvāso

...of the High Divinities of Great

Fruit, Vehapphalabrahmaloko

...of the High Divinities of

Refulgent Beauty,

Subhakiṇḥakabrahmaloko

...of the High Divinities of  
Unbounded Beauty, Appamāṇa-  
subhabrahmaloko

...of the High Divinities of Limited  
Beauty, Paritta-subhabrahmaloko

...of the High Divinities of  
Streaming Radiance,  
Ābhassarabrahmaloko

...of the High Divinities of  
Unbounded Radiance,  
Appamāṇābhabrahmaloko

...of the High Divinities of Limited  
Radiance, Parittābha-brahmaloko

...of the Great Brahmās, Mahā-  
brahmaloko

...of the Ministers of Brahmā,  
Brahmapurohitaloko

...of Brahmā's Retinue, Brahma-

pārisajjaloko

*The Sensuous World (5-11), Kāmalokā:*

The World of those Divinities

Wielding Power over the Creation  
of Others, Para-

nimmitavasavattinadevaloko

...of those Divinities Delighting in  
Creation, Nimmāṇarati-devaloko

...of the Contented Divinities,  
Tusitadevaloko

...of Yāma Divinities, Yāma-  
devaloko

...of the Thirty-three Divinities,  
Tāvatisadevaloko

...of the Four Great Kings, Cātu-  
mmahārājikadevaloko

...of Human Beings, Manussaloko

*The Downfall (1-4), Apāyo:*

The World of the Asuras, Asuraloko

The Realm of the Ghosts, Petayoni

The Animal Realm, Tiracchānayani

The Hell World, Nirayaloko



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