

Principal Buddhist teachings and their connection

“Buddhism by numbers”

<u>3 REFUGES</u> or <u>3 JEWELS</u>		
BUDDHA The enlightened one	DHARMA or DHAMMA Buddhist teaching True nature	SANGHA Buddhist monks and nuns The Buddhist community

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CONDITIONED EXISTENCE	
The nature of life:- <u>3 SIGNS OF BEING</u> Impermanence (Anicca) Suffering (Dukkha) Non-self (Anatta)	The nature of individual beings:- <u>5 AGGREGATES</u> subject to clinging (the Khandhas) The body / physical form (Rupa) Feelings (Vedana) Perceptions (Sanna) Volitional thought (Sankhara) Consciousness (Vinnana)

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<u>4 NOBLE TRUTHS</u>			
<u>THE NATURE OF SUFFERING</u> Forms of unhappiness, dissatisfaction	<u>THE CAUSE OF SUFFERING</u> Craving, desire, selfish attachment <u>3 FIRES</u> Greed Hatred Delusion	<u>THE END OF SUFFERING</u> Non-attachment	<u>THE WAY TO END SUFFERING</u> The Noble Eightfold Path

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<u>THE NOBLE 8-FOLD PATH</u>	
Wisdom (Panna)	Conduct (Sila)

<u>RIGHT UNDERSTANDING</u> The Four Noble Truths	<u>RIGHT INTENTION</u> Non-attachment Goodwill Harmlessness	<u>RIGHT SPEECH</u> Truthful Kind Pleasant Meaningful	<u>RIGHT ACTION</u> With kindness With contentment With restraint	<u>RIGHT LIVELIHOOD</u> Diligent Skilful Harmless

<p><u>RIGHT EFFORT</u> Letting go harmful states of mind Developing good states of mind</p> <p><u>4 DIVINE ABODES</u> Loving-kindness (Metta) Compassion (Karuna) Sympathetic joy (Mudita) Equanimity (Upekkha)</p>	<p><u>RIGHT MINDFULNESS</u> <u>4 FOUNDATIONS OF MINDFULNESS</u> Awareness of:- the body the feelings the mind phenomena (experiences)</p> <p><u>5 HINDRANCES</u> Craving → detachment Anger, ill-will → love Agitation → peace Lethargy → awareness Doubt → confidence</p>	<p><u>RIGHT CONCENTRATION</u> Meditation, developing:- Serenity (Samatha) and Insight (Vipassana):-</p> <p>Calming the body Calming the feelings Liberating the mind Contemplating phenomena (in terms of impermanence, fading away, cessation and relinquishment)</p> <p><u>4 JHANAS</u> Stages of:- Thought and examination Unification of the mind Rapture and happiness Pure equanimity</p>
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<u>↓ 7 FACTORS OF ENLIGHTENMENT</u>						
Mindfulness	Discrimination of phenomena	Energy	Spiritual Rapture	Tranquillity	Concentration	Equanimity
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<u>↓ 1 UNCONDITIONED STATE: NIRVANA or NIBBANA</u>
<p>The destruction of greed, hatred and delusion; the freedom of non-attachment; the unchanging reality behind outward appearances; sublime and peaceful, unaging and deathless.</p>

