

Dhamma (Dharma) Lists

The Triple Gem

- *Buddha* – the historical Buddha and one’s own potential for awakening
- *Dhamma* – the teachings of the historical Buddha; the truth of the way things are
- *Sangha* – in Asia, the monastic community; in the West, this includes lay practitioners

The 3 Characteristics of Existence

- *Anicca* (Impermanence)
- *Dukkha* (Suffering)
- *Anatta* (Not-self)

The 3 Roots of Suffering (sometimes called The 3 Roots of All Unskillful Action or The Three Poisons)

- Greed
- Hatred
- Delusion

The 4 Noble Truths

1. There is suffering (*dukkha*)
2. The cause or origin of suffering: craving
3. The end or cessation of suffering
4. The way to the end of suffering is the Noble Eightfold Path

The 4 Foundations of Mindfulness

1. Mindfulness of the body in the body (Includes the breath and the four elements)
2. Mindfulness of feeling tones in feeling tones
3. Mindfulness of the mind in the mind
4. Mindfulness of Dhamma in the dhammas

The 5 Aggregates

1. Physical Form
2. Feelings – Pleasant, unpleasant, or neutral
3. Perception
4. Mental Formations (emotions, conceptions, intentions, etc.)
5. Consciousness

The 4 Brahmaviharas (Divine Abodes)

1. *Metta* (Lovingkindness)
2. *Karuna* (Compassion)
3. *Mudita* (Empathetic Joy)
4. *Upekkha* (Equanimity)

The 5 Hindrances

1. Desire / Greed
2. Aversion
3. Sloth and Torpor
4. Restlessness and Worry
5. Doubt

The 5 Precepts

1. To refrain from killing living beings
2. To refrain from stealing
3. To refrain from sexual misconduct
4. To refrain from unwise speech
5. To refrain from intoxicants which cloud the mind

The 5 Spiritual Faculties

1. Faith
2. Effort/energy
3. Mindfulness
4. Concentration
5. Wisdom

The 7 Factors of Enlightenment

1. Mindfulness
2. Investigation-of-states
3. Effort/energy/persistence
4. Rapture
5. Tranquility
6. Concentration
7. Equanimity

The Noble Eightfold Path

1. Right View
2. Right Intention / Understanding / Resolve
3. Right Speech
4. Right Action
5. Right Livelihood
6. Right Effort
7. Right Mindfulness
8. Right Concentration

The 3 Parts of the Eightfold Path

Sila (Ethical Conduct): Right Speech, Right Action and Right Livelihood

Samadhi (Concentration): Right Effort, Right Mindfulness and Right Concentration

Pañña (Wisdom): Right View and Right Intention

The Eight Worldly Winds

Pleasure and Pain
Gain and Loss
Praise and Blame
Fame and Disrepute

The Ten Paramis (Perfections)

1. *Dana* (generosity)
2. *Sila* (ethical conduct)
3. *Nekkhamma* (renunciation)
4. *Pañña* (wisdom)
5. *Viriya* (energy)
6. *Khanti* (patience)
7. *Sacca* (truthfulness)
8. *Adhitthana* (determination)
9. *Metta* (lovingkindness)
10. *Upekkha* (equanimity)