

# BUDDHISM IS SIMPLE

## 5 PRECEPTS

- 1) No Killing
- 2) No Stealing
- 3) No Lying
- 4) Sexual Misconduct
- 5) Intoxication

## RANDOM PYRAMID

- A) Ethics Sila
- B) Concentration Samadhi
- C) Wisdom Panna?

## ACCESS CONCENTRATION

Janna

## BRAMA VIHARAS

- 1) Metta
- 2) Karuna
- 3) Mudita
- 4) Upekkha

## 5 HINDRANCES

- 1) Greed / Desire / Lust
- 2) Aversion / Ill Will
- 3) Sloth - Torpor
- 4) Restlessness - Worry
- 5) Doubt

## 3 KINDS OF CRAVING

- 1) Sense Pleasures Kama-tanha
- 2) Desire To Become Bhava-tanha
- 3) Desire To Cease Vibhava-tanha

## 5 CLINGING AGGREGATES

- 1) Form rūpa
- 2) Feeling Vedena
- 3) Perception sañña
- 4) Mental Formations sankhāra
- 5) Consciousness viññāna

## 6 SENSE DOORS

- Eye
- Ear
- Nose
- Taste
- Touch
- Mind

## 3 FEELING TONES

- Pleasant
- Unpleasant
- Neutral

## 4 NOBLE TRUTHS

- 1) There is suffering Dukkha
- 2) Suffering has a cause, Clinging
- 3) There is a way to stop clinging
- 4) The way is the 8 fold Path

## 3 MARKS OF EXISTENCE

- 1) Not Self
- 2) Impermanence
- 3) Dukkha

## REFUGES

- 1) Buddha
- 2) Dharma
- 3) Sangha

## 8 FOLD PATH

- 1) Right View
- 2) Right intention
- 3) Right Speech
- 4) Right Action
- 5) Right Livelihood
- 6) Right Effort
- 7) Mindfulness
- 8) Right Concentration

Wisdom

Ethics

Mental Discipline

## 4 FOUNDATIONS OF MINDFULNESS

- 1) Body / Breath
- 2) Vedena / Feeling Tone
- 3) Mind State
- 4) Dhammas

## 4 ASPECTS OF RIGHT EFFORT

- 1) Prevent Arising of Unwholesome
- 2) Abandon Arisen States
- 3) Arouse unarisen wholesome states
- 4) Maintain perfect arisen wholesome states

## 12 LINKS OF DEPENDANT ORIGATION

- 1) Ignorance
  - 2) Volitional formations
  - 3) Consciousness
  - 4) Mind and Body
  - 5) Sense Bases
  - 6) Contact
  - 7) Feeling
  - 8) Craving
  - 9) Clinging
  - 10) Existence / Becoming
  - 11) Birth
  - 12) Old Age and Death
- Past
  - Present
  - Present and Self
  - Future

## 10 FETTERS

- 1) Self illusion
- 2) Doubt in the teachings
- 3) Rites And Rituals
- 4) Sense desire
- 5) Ill will
- 6) rebirth - form
- 7) rebirth - formless
- 8) conceit
- 9) restlessness
- 10) ignorance + delusion

Stream Enterer / Once Returner

Non-Returner

Arahant

## 6 ROOTS

### 3 WHOLESOME ROOTS

- 1) Generosity
- 2) Kindness / Compassion
- 3) Wisdom

### 3 UNWHOLESOME ROOTS

- 1) Greed / Desire
- 2) Hatred / Aversion
- 3) Delusion