

# 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)

- 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 Brahma Viharas (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 Concerns

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

## The Ten Paramis

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)

