

**B U D D H A**  
 FULLY ENLIGHTENED, PERFECT WISDOM & CONDUCT, SUBLIME, KNOWER OF THE WORLDS, LEADER OF THOSE TO BE TAMED, TEACHER OF DEVAS & HUMANS, ENLIGHTENED ONE, BLESSED ONE

**D H A M M A**  
 WELL EXPOUNDED, APPARENT HERE & NOW, TIMELESS, ENCOURAGING INVESTIGATION, LEADING INWARDS, TO BE EXPERIENCED INDIVIDUALLY BY THE WISE

**S A N G H A**  
 PRACTISING THE GOOD WAY, PRACTISING THE STRAIGHT WAY, PRACTISING THE TRUE WAY, PRACTISING THE PROPER WAY, WORTHY OF GIFTS, WORTHY OF HOSPITALITY, WORTHY OF OFFERINGS, WORTHY OF RESPECT

**THE UNSURPASSED FIELD OF MERIT FOR THE WORLD**

**4 DIVINE ABIDINGS**  
 EQUANIMITY, COMPASSION, UNDOING/REVERSING, GOODWILL

**4 FACTORS FOR STREAM-ENTRY**  
 PRACTISING IN LINE WITH DHAMMA, HAVING FAITH IN DHAMMA, VIRTUOUS ASSOCIATION, UNWAVING STATE

**4 IMPONDERABLES**  
 THE RANGE OF POWER OF THE BODHI, THE RANGE OF POWER OF THE BODHI, THE RANGE OF POWER OF THE BODHI, THE RANGE OF POWER OF THE BODHI

**4 WAYS OF ANSWERING QUESTIONS**  
 ANALYTICALLY, BY PUTTING ASIDE, BY COUNTER-QUESTION, CATEGORICALLY

**3 KINDS OF SUFFERING**  
 DUE TO PAIN, DUE TO CHANGE, DUE TO FORMATIONS

**31 PLANES OF EXISTENCE**  
 31 DEVS, 31 ASURAS, 31 BRAHMAS, 31 HELL

**8 WORLDLY WINDS**  
 GAIN, LOSS, FAME, DISREPUTE, PRAISE, BLAME, PLEASURE, PAIN

**5 AGGREGATES OF CLINGING**  
 FORM, FEELING, PERCEPTION, MIND-CONSCIOUSNESS, BODY-CONSCIOUSNESS

**2 KINDS OF NIRVANA**  
 WITHOUT REMAINDER, WITH REMAINDER

**4 FORMLESS ABSORPTIONS**  
 CESSATION OF PERCEPTION & FEELING, NEITHER PERCEPTION NOR NON-PERCEPTION, NOTHINGNESS, INFINITE CONSCIOUSNESS

**4 FORM ABSORPTIONS**  
 EQUANIMITY, PLEASURE, JOY, EVALUATION, DIRECTED THOUGHT

**9 ATTAINMENTS**  
 4 FOUNDATIONS OF MINDFULNESS, 16 STEPS OF MINDFULNESS OF BREATHING

**3 KINDS OF MISCONDUCT**  
 CHAUNTING, CRAYING, FEELING

**5 HINDRANCES**  
 OLD AGE & DEATH, BIRTH, MIND-CONSCIOUSNESS, BODY-CONSCIOUSNESS, TONGUE-CONSCIOUSNESS, NOSE-CONSCIOUSNESS, EAR-CONSCIOUSNESS, EYE-CONSCIOUSNESS

**7 FACTORS OF ENLIGHTENMENT**  
 KNOWLEDGE OF DESTRUCTION, LIBERATION, DISPASSION, DISENCHANTMENT, TRANSCENDENT, INSIGHT

**4 FOUNDATIONS OF MINDFULNESS**  
 TRANQUILITY, JOY, CONCENTRATION, MINDFULNESS, INVESTIGATION, EQUANIMITY, TRANSCENDENT

**4 NOBLE TRUTHS**  
 7 FACTORS OF ENLIGHTENMENT, 6 SENSE BASES, 5 AGGREGATES, 5 HINDRANCES

**16 STEPS OF MINDFULNESS OF BREATHING**  
 16 STEPS

**4 BASES OF POWER**  
 INVESTIGATION, CONCENTRATION, INTENT, AGENTS

**4 HEAVENLY MESSENGERS**  
 RENEUNCIANT, SIGNIFICANCE, TWINNESS, OLD AGE

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**4 NOBLE TRUTHS**  
 TO BE UNDERSTOOD, TO BE REALIZED, TO BE ABANDONED, TO BE DEVELOPED

**10 FETTERS (ABANDONED)**  
 IGNORANCE, REBIRTH, CONCEPT, DESIRE FOR IMMATERIAL BEING, DESIRE FOR FINE-MATERIAL BEING, ILL WILL, SENSUAL DESIRE, CHASING AT CONVENTIONS, DOUBT, PERSONALITY BELIEF, END OF OUTLETS, DIVINE EYE, PAST LIVES, MIND READING, DIVINE EAR, MAGICAL POWERS

**4 STAGES OF ENLIGHTENMENT**  
 ASHRAHANT, NON-RETURNER, ONCE-RETURNER, STREAM-ENTERER

**3 HIGHER KNOWLEDGES**  
 LIBERATION, TERROR PATH, RIGHT LIBERATION, RIGHT KNOWLEDGE

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 TRANQUILITY, JOY, CONCENTRATION, MINDFULNESS, INVESTIGATION, EQUANIMITY, TRANSCENDENT

**4 NOBLE TRUTHS**  
 RIGHT VIEW, RIGHT INTENTION, RIGHT SPEECH, RIGHT ACTION

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