100 Epithets of the Buddha

All-Seeing | All-Transcending Sage | All-Vanquishing Sage | Arahant | Awakened One | Best of Tamed | Blessed One | Brahma | Buddha | Bull Among Men | Bull Among Seers | Bull of Sakyan Clan | Caravan Leader | Conqueror of Beasts | Conqueror of Māra | Consummate in Knowledge | Dhamma | Discoverer | Dispeller of Darkness | Elucidator of Meaning | Endowed with 32 Marks | Endowed with Knowledge | Exalted One | Expert of the World | The Eye

Worthy One | All Knower | Great Wisdom | Wielder of Power | Well-Gone One | Wellfarer | Great Renunciant | Victor in Battle | Vanquisher | Unvanquished | Unsurpassed Doctor | Unsurpassed Charioteer | Unexcelled Trainer | Unconquered Conqueror | Ultimate Leader | Training Leader | Torchbreaker of Mankind | Thoroughly Mature | Teacher of the World | Teacher of Devas & Humans | Teacher | Tathāgata | Supreme Released | Sublime One | Stainless

Passed to the World | Foremost Jewel | Foremost of All Beings | Foremost of Charioteers | Foremost of Those Who Can Calm | Foremost Sage | Fortunate One | Freed | Fully Enlightened | Giver of the Deathless | Giver of Gods | Gotama | Great One | Great Seer | Guide | Healer | Helper | Hero of the World | One with Ten Powers | Incomparable Charioteer | King of the Dhamma | Kinsman of the Sun | Knower of the World | Knowledge | Lion

Siddhattha | Shower of the Way | Self-Dependent | Teacher of the Masses | Sage of the Sakyas | Self-Awakened | Kinsman of the Sun | Recluse | Radiant One | Pure One | Perfect One | Physician | Perfect in Knowledge | Peerless Bull | Peaceful Sage | All Transcending | One Who Sees | Excellent Wisdom | Noble One | Master Gotama | Lord of the Dhamma | Lord of Sages | Lord Buddha | Lion of the Sakyas | Lion Man

33 Synonyms for Nibbāna

Deathless | Sublime | Auspicious | Secure | Destruction of Craving | Wonderful | Amazing | Unailing | Unailing State | Unafflicted | Dispassion | Purity | Freedom | Non-Attachment | Island | Shelter | Asylum | Refuge | Destination

Triple Gem

Buddha: Fully Enlightened | Perfect Wisdom & Conduct | Sublime | Knower of the Worlds | Leader of Those to Be Tamed | Teacher of Devas & Humans | Enlightened One | Blessed One

Dhamma: Well Expounded | Apparent Here & Now | Timeless | Encouraging Investigation | Leading Inwards | To Be Experienced Individually by the Wise

Sangha: 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 Ways of Answering Questions

By Putting Aside | Analytically | By Counter-Question | Categorically

4 Divine Abidings

Equanimity | Joy | Goodwill | Compassion

4 Factors for Stream-Entry

Practising in Line with Dhamma | Wise Attention | Virtuous Association | Hearing the Dhamma

4 Imponderables

The Exact Workings of Kamma | The Origin of the Cosmos | The Range of Power of the Buddha | The Range of Power of One in Absorption

4 Heavenly Messengers

Sickness | Death | Old Age | Renunciant

4 Nutriments of Life

Consciousness | Mental Volition | Food | Contact

7 Latent Tendencies

Passion for Becoming | Ignorance | Conceit | Views | Sensual Passion | Aversion | Doubt

3 Vanities

Health | Life | Youth

3 Conceits

Superior | Inferior | Equal

37 Requisites for Enlightenment

Noble Eightfold Path | 7 Factors of Enlightenment | 5 Powers | 5 Faculties | 4 Right Exertions | 4 Foundations of Mindfulness | 4 Bases of Power

Conceptions

5 Daily Recollections: Ageing | Death | Kamma | Sickness | Separation

3 Attributes: Gratification | Drawback | Escape

9 Corpse Contemplations: Swollen & Festering | Bloody Skeleton | Whitened Bones | Eaten by Animals | Skeleton without Flesh | Scattered Loose Bones | Rotten & Turned to Dust | Old Hearted Bones

4 Postures: Walking | Standing | Sitting | Lying Down

10 Contemplations: Buddha | Dhamma | Sangha | Morality | Generosity | Deities | Death | Body | Breathing | Peace

10 Perceptions: Impermanence | Drawback | Cessation | Non-Self | Abandoning | Non-Delight | Unattractiveness | Dispassion | Undesirable | Breathing

Conceptions — Head Hairs, Body Hairs, Nails, Teeth, Skin, Flesh, Tendons, Bones, Bone Marrow, Kidneys, Heart, Liver, Pleura, Spleen, Lungs, Large Intestines, Small Intestines, Stomach, Faeces, Brain, Bile, Phlegm, Pus, Blood, Sweat, Fat, Tears, Grease, Saliva, Mucus, Oil of the Joints, Urine

Dependent Origination

Ignorance | Craving | Clinging | Becoming | Birth | Old Age & Death | Feeling | Contact | Name & Form | 6 Sense Bases | Consciousness | Formations

Name & Form: 3 Feelings — Neutral | Unpleasant | Pleasant; 4 Elements — Air | Fire | Water | Earth

Contact: Consciousness | Sense Object | Sense Organ

Volition: Body | Speech | Mind

Attention: 3 Characteristics — Impermanence | Suffering | Not-Self

Perception: 5 Aggregates — Consciousness | Formations | Perception | Feeling | Form

6 Sense Bases: Body | Mind | Tongue | Ear | Eye | Nose

6 Consciousnesses: Mind-Consciousness | Body-Consciousness | Tongue-Consciousness | Nose-Consciousness | Ear-Consciousness | Eye-Consciousness

Nutriments for Ignorance

Non-Restraint of the Senses: Unwise Attention | Lack of Faith

Lack of Mindfulness & Clear Comprehension: Not Hearing the True Teaching | Not Associating with the Wise

4 Clingings: Doctrines of the Self | Rituals & Observances | Views | Sensual Pleasures

3 Cravings: Craving for Non-Becoming | Craving for Becoming | Craving for Sensuality

3 Defilements: Delusion | Hatred | Greed

3 Outflows: Not Knowing the Path | Not Knowing Cessation | Not Knowing the Origin | Not Knowing Suffering — Ignorance; Immaterial | Fine-Material | Sensuous — 3 Becomings; Touches | Tastes | Smells | Sounds | Forms — 5 Strings of Sensuality

5 Hindrances: Agitation | Doubt | Ill Will | Sloth & Torpor | Sensual Desire

Transcendental Dependent Origination

Knowledge of Destruction | **Liberation** | **Dispassion** | **Disenchantment** | **Insight** | **Concentration**

10 Fetters (Abandoned): Ignorance | Restlessness | Conceit | Desire for Immaterial Realm | Desire for Fine-Material Realm | Ill Will | Sensual Desire | Grasping at Conventions | Doubt | Personality Belief

Arahant | Non-Returner | Once-Returner | Stream-Enterer

4 Stages of Enlightenment: Arahant | Non-Returner | Once-Returner | Stream-Enterer

6 Higher Knowledges: 3 Insights — End of Outflows | Divine Eye | Past Lives | Mind Reading | Divine Ear | Magical Powers

Noble Eightfold Path

Right View: Kamma | Rebirth | 4 Noble Truths

Right Intention: Harmlessness | Good Will | Renunciation

Right Speech: No Lying | No Divisive Speech | No Harsh Speech | No Idle Chatter

Right Action: No Killing | No Stealing | No Sensual Misconduct

Right Livelihood (No Business in…): Weapons | Living Beings | Meat | Intoxicants | Poison

Right Effort: Maintain Skillful | Generate Skillful | Abandon Unskillful | Prevent Unskillful

Right Mindfulness: Dhammas | Mind | Feelings | Body

Right Concentration: 1st Absorption | 2nd Absorption | 3rd Absorption | 4th Absorption

Right Liberation | **Right Knowledge** — Tenfold Path

Suffering | **Faith** | **Delight** | **Joy** | **Tranquillity** | **Pleasure**

7 Factors of Enlightenment: Equanimity | Concentration | Joy | Investigation | Mindfulness | Energy | Tranquillity

4 Foundations of Mindfulness: Dhammas | Mind | Body | Feelings

Listening to the True Teaching | **Faith**

Nutriments for Liberation

3 Ways of Good Conduct | **Restraint of the Senses** | **Mindfulness & Clear Comprehension** | **Wise Attention**

Wrong Views

4 Noble Truths: Suffering | Origin | Cessation | Path — To Be Abandoned | To Be Understood | To Be Realized | To Be Developed

10 Speculative Views: World Is Eternal | World Is Not Eternal | World Is Infinite | World Is Not Infinite | Soul Is the Body | Tathāgata Exists After Death | Neither Exists, nor Doesn't Exist | Soul Is Not the Body | Doesn't Exist After Death | Both Exists & Doesn't Exist

Wrong Views About the Past: Partial-Eternalism | Eternalism | Finitude & Infinity of the World | Fortuitous Origination | Endless Equivocation

Wrong Views About the Future: Percipient Immortality | Non-Percipient Immortality | Neither Percipient nor Non-Percipient Immortality | False Nibbāna | Annihilationism

4 Perversions: Taking Impermanence as Permanence | Taking Suffering as Happiness | Taking Not-Self as Self | Taking Ugliness as Beauty

32 Parts of the Body

Brain | Bile | Phlegm | Pus | Blood | Sweat | Fat | Tears | Grease | Saliva | Mucus | Oil of the Joints | Urine | Faeces | Stomach | Small Intestines | Large Intestines | Lungs | Spleen | Pleura | Liver | Heart | Kidneys | Bone Marrow | Bones | Tendons | Teeth | Skin | Flesh

Way of Practice

3 Kinds of Suffering: Despair | Due to Pain: Birth | Old Age | Sickness | Death | Sorrow | Lamentation | Pain | Grief | Due to Change: 8 Worldly Winds — Gain | Loss | Fame | Disrepute | Praise | Blame | Pleasure | Pain; Association with the Disliked | Separation from the Liked | Not to Get What One Wants | Due to Formations: 5 Aggregates of Clinging

3 Realms

31 Planes of Existence

Immaterial Realm — Formless Absorptions: Neither Perception nor Non-Perc. Devas (31) | Nothingness Devas (30) | Infinite Consciousness Devas (29) | Infinite Space Devas (28)

Fine-Material Realm — 4th Form Absorption: Pure Abodes: Peerless Devas (27) | Clear-Sighted Devas (26) | Beautiful Devas (25) | Untroubled Devas (24) | Devas Not Falling Away (23) | Unconscious Beings (22) | Very Fruitful Devas (21) — 3rd Form Absorption: Devas of Refulgent Glory (20) | Devas of Unbounded Glory (19) | Devas of Limited Glory (18) — 2nd Form Absorption: Devas of Streaming Radiance (17) | Devas of Unbounded Radiance (16) | Devas of Limited Radiance (15) — 1st Form Absorption: Great Brahmas (14) | Ministers of Brahma (13) | Retinue of Brahma (12)

Sensuous Realm — Celestial Planes: Devas Delighting in Others' Creation (11) | Devas Delighting in Creation (10) | Contented Devas (9) | Yama Devas (8) | Gods of the Thirty-Three (7) | Devas of the Four Great Kings (6) | Human (5) | Asura (4) | Hungry Ghost (3) | Animal (2) | Hells (1)

Deprivation Planes

2 Kinds of Nibbāna: Without Remainder | With Remainder

4 Formless Absorptions (Mental): Neither Perception nor Non-Perception (9) | Nothingness (8) | Infinite Consciousness (7) | Infinite Space (6) — Cessation of Perception & Feeling

4 Form Absorptions (Mental, Bodily, Verbal): Equanimity (5) | Pleasure (4) | Joy (3) | Evaluation (2) | Directed Thought (1)

9 Attainments

4 Foundations of Mindfulness: 16 Steps of Mindfulness of Breathing

Dhammas — Fourth Tetrad: 4 Noble Truths | 7 Factors of Enlightenment | 6 Sense Bases | 5 Aggregates | 5 Hindrances | 16 Dwelling on Relinquishment | 15 Dwelling on Cessation | 14 Dwelling on Dispassion | 13 Dwelling on Impermanence

Mind — Third Tetrad: Contracted | Released | Deluded | Unified | Angry | Surpassed | Greedy | Exalted | 12 Releasing the Mind | 11 Unifying the Mind | 10 Satisfying the Mind | 9 Experiencing the Mind

Feelings — Second Tetrad: Mundane & Neutral | Spiritual & Neutral | Mundane & Painful | Spiritual & Painful | Mundane & Pleasant | Spiritual & Pleasant | 8 Calming Mental Formations | 7 Experiencing Mental Formations | 6 Experiencing Pleasure | 5 Experiencing Joy

Body — First Tetrad: 4 Elements | 9 Corpse Contemplations | 32 Parts of the Body | Clear Comprehension | 4 Postures | 4 Calming Bodily Formations | 3 Experiencing the Whole Body | 2 Discerning Short Breathing | 1 Discerning Long Breathing

4 Bases of Power: Intent | Energy | Consciousness | Investigation

5 Faculties & 5 Powers: Wisdom | Concentration | Energy | Faith | Mindfulness

7 Gradual Trainings: Generosity | Morality | Renunciation | Heaven | 4 Noble Truths

7 Stages of Purification: Conduct | Overcoming Doubt | Knowing the Way of Practice | Mind | What Is Path & Not Path | Knowledge & Vision | View

3 Pillars: Generosity | Morality | Meditation

4 Practices of a Trainee: Perfect Moral Conduct | Sense Restraint | Moderation in Eating | Practice of Wakefulness

7 Essential Qualities: Faith | Great Learning | Energy | Mindfulness | Wisdom

2 Guardians of the World: Moral Shame | Moral Dread

5 Precepts (I–V): (I) No Killing | (II) No Stealing | (III) No Sexual Misconduct | (IV) No Lying | (V) No Intoxicants

10 Courses of Good Action: (1) No Killing | (2) No Stealing | (3) No Sexual Misconduct | (4) No Lying | (5) No Divisive Speech | (6) No Harsh Speech | (7) No Idle Chatter | (8) Unselfishness | (9) Good Will | (10) Right View

10 Courses of Wrong Action: Mind — (10) Wrong View | (9) Ill Will | (8) Covetousness; Speech — (7) Idle Chatter | (6) Harsh Speech | (5) Divisive Speech | (4) Lying; Body — (3) Sexual Misconduct | (2) Stealing | (1) Killing

False Dhamma: Passion | Being Fettered | Accumulating | Self-Aggrandizement | Discontent | Entanglement | Laziness | Being Burdensome

True Dhamma: Dispassion | Being Unfettered | Diminishment | Modesty | Contentment | Seclusion | Aroused Energy | Unburdensome

4 Right Exertions: Maintain & Develop Arisen Skillful Mental States | Abandon Arisen Unskillful Mental States | Prevent the Arising of Unskillful Mental States | Generate Unarisen Skillful Mental States

4 Kinds of Kamma: Bright Kamma with Bright Result | Dark & Bright with Dark & Bright Result | Neither Dark nor Bright & Leads to End of Kamma | Dark Kamma with Dark Result

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