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 | Welder of Power | Well-Gone One | Wellfarer | Great Renunciant | Victor in Battle | Vanquisher | Unvanquished | Unsurpassed Doctor | Unsurpassed Charioteer | Unexcelled Trainer

Risen in the World | Foremost Jewel | Foremost of All People | Foremost of Charioteers | Foremost of Those Who Can Cross | Foremost Sage | Fortunate One | Freed | Fully Enlightened | Giver of the Deathless | God of Gods | Gotama | Great One | Great Seer | Guide | Healer | Helper | Helper 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

4 Ways of Answering Questions

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

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

33 Synonyms for Nibbāna

Unageing | Stable | Undisintegrating | Unmanifest | Unproliferated | Peaceful | Deathless | Sublime | Auspicious | Secure | Destruction of Craving | Wonderful | Amazing | Unailing | Unailing State | Unafflicted | Dispassion | Purity | Freedom | Non-Attachment | Island | Shelter | Asylum | Refuge | Destination | Very Difficult to See | Subtle | Other Shore | Truth | Tantless | Unincline | Unconditioned | Destruction of Lust, Hate, Delusion

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 Divine Abidings

Equanimity | Joy | Goodwill | Compassion

4 Factors for Stream-Entry

Hearing the Dhamma | Practising in Line with Dhamma | Meeting | Virtuous Association

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

3rd Form Absorption

Unconscious Beings	22
Very Fruitful Devas	21
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
Great Brahmas	14
Ministers of Brahma	13

1st Form Absorption

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

Deprivation Planes

Asura	4
Hungry Ghost	3
Animal	2
Hells	1

Due to Pain

Birth	Old Age
Sickness	Death
Sorrow	Lamentation
Pain	Grief
Despair	

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

2 Kinds of Nibbāna

Without Remainder | With Remainder

Cessation of Perception & Feeling

9

4 Formless Absorptions

Mental

8	7	6	5
Neither Perception nor Non-Perception	Nothingness	Infinite Consciousness	Infinite Space

4 Form Absorptions

Mental | Bodily | Verbal

4	3	2	1	
Equanimity	Pleasure	Joy	Evaluation	Directed Thought

9 Attainments

16 Steps of Mindfulness of Breathing

4 Foundations of Mindfulness

4 Heavenly Messengers

Renunciant | Death | Old Age | Sickness

4 Bases of Power

Investigation | Consciousness | Intent | Energy

3 Kinds of Misconduct

Non-Restraint of the Senses | Lack of Mindfulness & Clear Comprehension | Unwise Attention | Lack of Faith

5 Hindrances

6 Sense Bases

Body | Mind | Tongue | Ear | Eye | Nose

7 Factors of Enlightenment

Equanimity | Concentration | Joy | Investigation | Mindfulness | Energy | Tranquility

4 Foundations of Mindfulness

Feelings | Mind | Body | Dhammas

5 Faculties & 5 Powers

Wisdom | Concentration | Energy | Faith | Mindfulness

4 Nutriments of Life

Consciousness | Mental Volition | Food | Contact

5 Hindrances

Agitation | Doubt | Sloth & Torpor | Sensual Desire | Ill Will

3 Kinds of Good Conduct

Restraint of the Senses | Mindfulness & Clear Comprehension | Wise Attention | Listening to the True Teaching

4 Noble Truths

Suffering | Origin | Cessation | Path | To Be Understood | To Be Abandoned | To Be Realized | To Be Developed

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

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

3 Characteristics

Impermanence | Suffering | Not-Self

5 Aggregates

Consciousness | Formations | Perception | Feeling | Form

4 Elements

Air | Fire | Water | Earth

3 Feelings

Neutral | Unpleasant | Pleasant

Name & Form

Consciousness | Sense Object | Sense Organ | Contact | Attention | Volition | Body | Speech | Mind | Perception | Feeling | Craving | Clinging | Becoming | Birth | Old Age & Death

6 Consciousnesses

Mind-Consciousness | Body-Consciousness | Tongue-Consciousness | Nose-Consciousness | Ear-Consciousness | Eye-Consciousness

3 Cravings

Craving for Non-Becoming | Craving for Becoming | Craving for Sensuality

4 Clingings

Doctrines of the Self | Rituals & Observances | Views | Sensual Pleasures

3 Defilements

Delusion | Hatred | Greed

3 Becomings

Immaterial | Fine-Material | Sensuous

5 Strings of Sensuality

Touches | Tastes | Smells | Sounds | Forms

3 Outflows

Consciousness | Formations | Ignorance

Dependent Origination

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

Nutriments for Existence

Ignorance | Craving for Becoming | Craving for Sensuality | Craving for Non-Becoming | Craving for Existence | Craving for Annihilation | Craving for Sensuality | Craving for Becoming | Craving for Non-Becoming | Craving for Existence | Craving for Annihilation

Noble Eightfold Path

Wisdom: Right View | Right Intention

Morality: Right Speech | Right Action | Right Livelihood (No Business In...) | No Killing | No Stealing | No Sexual Misconduct | No Intoxicants | No Harsh Speech | No Idle Chatter | No Divisive Speech | No Lying

Meditation: Right Effort | Right Mindfulness | Right Concentration

Dhammas | Mind | Feelings | Body | Maintain Skillful | Generate Skillful | Abandon Unskillful | Prevent Unskillful | 4th Absorption | 3rd Absorption | 2nd Absorption | 1st Absorption

Harmlessness | Good Will | Renunciation | Right Intention

Kamma | Rebirth | 4 Noble Truths | Right View

Delight | Joy | Tranquility | Pleasure

Suffering | Faith

Dependent Origination

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

Transcendental Dependent Origination

Knowledge of Destruction | Liberation | Dispassion | Disenchantment | Insight | Concentration | Pleasure | Tranquility | Joy | Delight | Faith | Suffering

Wise Attention

Dhammas | Feelings | Mind | Body

Lack of Faith

Not Hearing the True Teaching | Not Associating with the Wise | Listening to the True Teaching | Faith

4 Kinds of Kamma

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

10 Courses of Wrong Action

10	9	8	7	6	5	4	3	2	1
Wrong View	Ill Will	Covetousness	Idle Chatter	Harsh Speech	Divisive Speech	Lying	Sexual Misconduct	Stealing	Killing
Mind			Speech				Body		

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

10 Courses of Good Action

1 (i)	2 (ii)	3 (iii)	4 (iv)	(v)	5	6	7	8	9	10
No Killing	No Stealing	No Sexual Misconduct	No Lying	No Intoxicants	No Divisive Speech	No Harsh Speech	No Idle Chatter	Unselfishness	Good Will	Right View
5 Precepts (i-v)					Body	Speech			Mind	

4 Right Exertions

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

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-Perci. Immortality | Neither Perci. nor Non-Perci. Immortality | False Nibbāna | Annihilationism

4 Perversions

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

7 Latent Tendencies

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

3 Vanities

Health | Life | Youth

3 Conceits

Superior | Inferior | Equal

37 Requisites for Enlightenment

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

4 Planes of Misery

Destruction of Lust, Hate, Delusion | Unconditioned

5 Daily Recollections

Sickness | Separation | Kamma | Ageing | Death

3 Attributes

Gratification | Drawback | Escape

9 Corpse Contemplations

Skeleton, Flesh & Blood | Eaten by Animals | Scattered Loose Bones | Skeleton without Flesh | Rotten & Turned to Dust | Old Heaped Bones | Whitened Bones | Bloody Skeleton | Swollen & Festering

4 Postures

Standing | Lying Down | Walking | Sitting

10 Perceptions

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

10 Contemplations

Buddha | Dhamma | Sangha | Morality | Generosity | Deities | Death | Body | Breathing | Peace

6 Graduated Trainings

Generosity | Morality | Heaven | Drawback of Sensual Pleasure | Renunciation | Noble Truths

7 Essential Qualities

Faith | Great Learning | Energy | Mindfulness | Wisdom

7 Stages of Purification

Knowing the Way of Practice | Overcoming Doubt | Knowledge & Vision

2 Guardians of the World

Moral Shame | Moral Dread

3 Pillars

Meditation | Morality | Generosity

4 Practices of a Trainee

Perfect Moral Conduct | Sense Restraint | Moderation in Eating | Practice of Wakefulness

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

Third Tetrad

12	Contracted	Released
11	Deluded	Unified
10	Angry	Surpassed
9	Greedy	Exalted

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	

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

Dhammas | Feelings | Mind | Body

32 Parts of the Body

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

Wrong Views

Way of Practice

The Dhamma Citadel
DhammaCharts.org
PUBLIC DOMAIN