

Dhamma Studies 1: Concepts

Working Syllabus Proposal

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I. Introduction

This “Dhamma Studies 1: The Fundamentals” Course is the first installment of a three-part, web-based introduction to basic Theravada Buddhist Dhamma concepts platformed on The Fourth Messenger website. The course is designed primarily for English speaking monastics but will also be suitable for serious, non-monastic practitioners. This and subsequent courses will examine fundamental Dhamma concepts through the use of simple Pali vocabulary roughly based on that featured in the *Navokavada*, the centerpiece of the Thai *Nak Tham* examinations. This curriculum, which features a distilled version of the stepwise enumeration of groups of Dhammas found in the Aṅguttara Nikāya, offers a robust understanding of all major, recurring concepts found within the Pali Canon and is thus an ideal template for the beginning student.

Reviewed by senior Western monastics within the Thai Forest Tradition, this course represents a robust introduction to basic Theravada Buddhist Dhamma concepts through the use of simple Pali vocabulary roughly based on that featured in the *Navokavada*, the centerpiece of the Thai *Nak Tham* examinations. The course, curated by Ajahn Kovilo, an American monk ordained at [Abhayagiri Monastery](#) in 2010, features a stepwise enumeration of groups of Dhammas similar to that found in the Aṅguttara Nikāya. Students will:

- Find introductory, explanatory videos for each group of Dhammas.
- Read passages from the Buddha’s earliest Discourse to see concepts in context.
- Learn of traditional interpretations from various strata of Commentarial literature.
- Study perspectives on fundamental themes from a range of modern teachers.
- Be able to test their understanding of terms through embedded quizzes.
- Have the option of joining online discussion with fellow students.

A unique feature of this course is its sympathetic, faith-based approach to these teachings. This curriculum offers not an agnostic sociological approach to the Buddha’s teachings but an insider’s view. Though many competent and sincere lay teachers exist, this platform will feature only ordained Theravada monastics - bhikkhus and bhikkhunis - but will not limit its perspective

to the interpretations from only one country. Thus, this course features readings, audio, and video from monastics of multiple nationalities: Thai, Sri Lankan, Burmese, and Western.

The course, with its many hyperlinked references, videos, audio samples, interactive testing, and flashcard elements, is designed primarily for online study over time. To thoroughly digest the wealth of information and resources provided, a period of four months time is suggested for completion. It can, of course, be completed more rapidly or savored more slowly and a skeleton outline is available in PDF format here as a useful resource for offline or communal study, such as classes in a monastery or other group.

II. Format of Course

As with future, prospective Dhamma Studies Courses, this “Dhamma Studies 1: The Fundamentals” course, will be multi-modal in presentation format and will provide resources both for online and offline study. In addition to providing a video introduction to and definitions for each term, the course will suggest relevant sutta selections, provide links to helpful external resources related to each term or set of terms, link to pertinent Dhamma talks given by contemporary teachers, and quote from useful passages from various ancient and modern commentaries. To ensure this *pariyatti* (study) does not become divorced from *patipatti* (practice), all content will focus on and emphasize practical application, that is on how these concepts be used as tools for the growth of wholesome mental qualities and the lessening of unwholesome ones.

To support the input-based content mentioned above, each subsection of this course will also feature various output-based learning tools. These will include optional “homework” assignments, reflection prompts, topics for personal writing, and an overview quiz for each lesson covering the content recently covered.

Although there will be no single, moderating “instructor” for this course, there will be a group-supported forum for discussion of points covered (Either on the Fourth Messenger website or on a separate Discord group). Students will be free to engage as intensively or cursorily as they so desire with the featured content and exercises for each subsection.

III. Course Structure

A. Unit One

- 1) Groups of Two
 - Mindfulness and Clear Comprehension (sati and sampajañña)
 - Protectors of the World (hiri and ottappa)
 - Graceful Dhammas (khanti and soracca)
 - Rare People (pubbakārī and kataññūkatavedī)
 - Wholesomeness and unwholesomeness (kusala and akusala)
- 2) Groups of Three
 - The Three Gems (Buddha, Dhamma, and Saṅgha)
 - The Three Characteristics (aniccatā; dukkhatā; anattatā)
 - The Three Trainings (sīla; samādhi; paññā)
 - The Three Dhamma Summaries (Abandon duccharita; Cultivate succarita; Purify the mind)
 - Three Forms of Duccharita/Succarita elaborated (kāyaduccharita; vacīduduccharita; manoduccharita)
 - Three Roots of the Kusala/Akusala ((a-)lobha; (a-)dosa; (a-)moha)
 - Three Bases of Merit (dāna; sīla; bhāvana)
 - Three Things Praised by People of Integrity (dāna; pabbajjā; mātāpitu upatṭhāna)
 - Three Faultless Practices (indriyaṣaṃvara; bhojane mattaññutā; jāgariyānuyoga)

B. Unit Two

- 1) Groups of Four
 - The Four Noble Truths (dukkha; samudaya; nirodha; magga)
 - Ways of growth (sappurisaṃseva; saddhammasavana; yonisomanasikāra; dhammānudhammapaṭipatti)
 - Four Biases (changāgati; dosāgati; mohāgati; bhayāgati)
 - Four Dangers to the Holy Life (stubbornness; gluttony; sensuality; sexual desire)
 - Four Efforts (saṃvarappadhāna; phānappadhāna; bhāvappadhāna; anrakkhanappadhāna)
 - Four Factors for Determination (paññā; sacca; cāgā; upasama)
 - Four Bases for Success - Iddhipāda (chanda; viriya; citta; vimamsā)

- Four Heedful Dhammas (non-greed toward enticing objects; non-hatred toward contemptible objects; non-delusion regarding deluding phenomena; non-intoxication with intoxicating phenomena)
- Four Moral Purities (pāṭimokkhasaṃvara; indriyasaṃvara; ājīvapārisuddhi; paccayapaccavekkhaṇa)
- Four Protective Meditations (Buddhānussati; mettā; asubha; maraṇasati)
- The Four Brahmavihāras (mettā; karuṇā; muditā; upekkhā)
- The Four Satipaṭṭhānā (kāyānupassanā; vedanānupassanā; cittānupassanā; dhammānupassanā)
- The Four Elements (paṭhavīdhātu; āpodhātu; tejodhātu; vāyodhātu)
- The Four Requisites (cīvara; piṇḍapāta; senāsana; bhesajja)

2) Groups of Five

- Five Anantariyakamma (matricide; patricide; arahanticide; injuring a Buddha; causing a schism in the Saṅgha)
- Five Frequent Recollections (jarā; byādhi; maraṇa; vipariṇāma; kamma)
- Five Dhammas which Bring Self-Confidence (saddhā; sīla; bāhusacca; viriyārambha; paññā)
- The Five Bala/Indriya (saddhā; vīriya; sati; samādhi; paññā)
- Five Qualities for a New Monk (pāṭimokkha-sīla; indriyasaṃvara; appassadda; viveka; sammādiṭṭhi)
- Five Qualities of One Who Speaks on Dhamma (speaking step-by-step; speaking logically; practicing metta; not being intent on gain; not self-aggrandizing)
- Five Benefits of Listening to Dhamma (hearing the unheard; clarifying the heard; overcoming of doubt; nurturance of right view; brightening of mind)
- Five Hindrances (kāmacchanda; byāpāda; thīnamiddha; uddhaccakukkucca; vicikicchā)
- Five Khandha (rūpa; vedanā; saññā; saṅkhāra; viññāṇa)

C. Unit Three

1) Groups of Six

- Six Objects of Respect - Gāraḥ (Buddha; Dhamma; Saṅgha; sikkhā; appamāda; paṭisanthāra)
- Six Dhammas of Harmony - Sārāṇiyadhamma (Practicing metta by body; speech; mind; sharing gains; keeping similar sīls; non-quarreling)
- Six Internal Āyatana (cakkhu; sota; ghāṇa; jivhā; kāya; mano)
- Six External Āyatana (rūpā; saddā; gandhā; rasā; phoṭṭhabbā; dhammā)
- Six Types of Consciousness (viññāṇam)
- Six Bases of Contact (samphassa)

- Six Types of Feeling (vedanā)
- Six Elements (phaṭṭhavidhatu; āpodhātu; tejodhātu; vāyodhātu; ākāśadhātu; viññāṇadhātu)

2) Groups of Seven

- Seven Dhammas of Non-Divide - Aparihānīyadhammā
- Seven Noble Treasures (saddhā; sīla; hiri; ottappa; bāhusacca; cāga; paññā)
- Seven Dhammas of People of Integrity - Sappurisdhammā (dhammaññūtā; atthaññūtā; attaññūtā; mattaññūtā; kālaññūtā; parisaññūtā; puggalaparoparaññūtā)
- Seven Other Dhammas of People of Integrity - Sappurisdhammā
- Seven Factors of Enlightenment - Bojjhaṅga (sati; dhammavicaya; viriya; pīti; passaddhi; samādhi; upekkhā)

D. Unit Four

1) Groups of Eight

- Eight Worldly Dhammas
- Eight Dhamma-Vinaya Dhammas of Gotamī (Dhammic Constitution)
- Eight Dhamma-Vinaya Dhammas (Dhammic Constitution)
- Eightfold Noble Path - Ariya Aṭṭhaṅgikamagga (sammādiṭṭhi; sammāsaṅkappa; sammāvācā; sammākammanta; sammā-ājīva; sammāvāyāma; sammāsati; sammāsamādhi)

2) Groups of Nine

- Nine Blemishes

E. Unit Five

1) Groups of Ten

- Ten Paths of Unwholesome Action
- Ten Paths of Wholesome Action
- Ten Basis of Meritorious Action (dānamayā; sīlamayā; bhāvanamayā; apacāyanamayā; veyyāvaccamayā; pattidānamayā; pattānumodanāmayā; dhammasavanamayā; dhammadesanāmayā; diṭṭhujukamma)
- Ten Subjects for Frequent Recollection by One Who Has Gone Forth
- Ten Dhammas Which Make for Refuge - Nāthakaraṇḍhammā (sīla; bāhusacca; kalyāṇamittatā; sovacassatā; kiṃkaraṇīyesu dakkhatā; dhammakāmatā; viriya; santuṭṭhi; sati; paññā)
- Ten Subjects Suitable for Conversation = Kathāvatthu (appicchakathā; santuṭṭhikathā; pavikekakathā; asṃsaggakathā; viriyārambhakathā; sīlakathā; samādhikathā; paññākathā; vimuttikathā; vimuttiñāṇadassanakathā)

- Ten Recollections - Anussati (buddhānussati; dhammānussati; saṅghānussati; sīlānussati; cāgānussati; devatānussati; maraṇassati; kāyagatāsati; ānāpānasati; upasamānussati)
- 2) Miscellaneous Group
 - Sixteen Defilements - Upakkilesa ()
 - Thirty-seven Wings to Awakening - Bodhipakkhiyadhammā ()

IV. Example of Course Content

A. Unit 1; Groups of Twos

1) Mindfulness and Clear Comprehension (sati and sampajañña)

a) Definitions

i) Sati (सति, षट्)

- mindfulness; awareness; memory

ii) Sampajañña

- clear comprehension (Payutto; TW Rhys Davids;; Bodhi; Soma)
- alertness (Thanissaro)
- clear knowing (Anālayo)
- *Extra*
 - constant thorough understanding of impermanence (VRI)
 - full awareness (Nhat Hanh)
 - attention, consideration, discrimination, comprehension, circumspection (PED)
 - introspection (Wallace)

b) Relevant Sutta Selections

i) Sati

- SN 48.10 (excerpt beginning “What is the faculty of mindfulness?”)
- DN 22 (excerpt beginning “What is right mindfulness?”)

ii) Sampajañña

- SN 47.35

c) Excerpts from Ancient Commentary

i) Sati

- “sati has the sense of establishment (upaṭṭhāna)” Vsm

ii) Sampajañña (4 types)

- Clear Comprehension as to Purpose (Pāli: *sāttḥaka*): refraining from activities irrelevant to the **path**.
- Clear Comprehension as to Suitability (*sappāya*): pursuing activities in a dignified and careful manner.

- Clear Comprehension as to Domain (*gocara*):^[12] maintaining sensory restraint consistent with mindfulness.
- Clear Comprehension as to Non-delusion (*asammoha*): seeing the true nature of reality.

d) Excerpts from Modern Commentary (XXXXNarrow reading to excerpts)

i) Sati

- [Nyanaponika “The Power of Mindfulness”](#)
- [Sumedho “Mindfulness: The Path to the Deathless”](#)
- [Thanissaro “Mindfulness Defined”](#)
- *Extra*
 - [Gunaratana](#)
 - [Fronsdal “Buddha’s Teaching on Mindfulness”](#)
 - [Olendsky](#)
 - [Theravadin](#)

ii) Sampajañña

- [VRI article](#)

e) Dhamma Talks on the topic

i) Sati

- [Sumedho “Mindfulness”](#)
- [Sucitto “Mindfulness and Clear Comprehension”](#)
- [Fronsdal “Mindfulness as a Foundation”](#)

ii) Sampajañña

- [Jayasaro “Mindfulness and Clear Comprehension”](#)
- [Pasanno “Four Aspects of Clear Comprehension”](#)

f) External links

i) Sati

- [Wikipedia](#)
- [Encyclopedia of Buddhism](#)

ii) Sampajañña

- [Wikipedia](#)
- [Encyclopedia of Buddhism](#)

g) Comprehension Questions

- i) In what ways do sati and sampajañña differ?
- ii) In what ways are sati and sampajañña similar?

h) Reflective Questions

- i) What translations of sati and sampajañña are most meaningful for you?
 - ii) How do you practice sati and sampajañña during formal meditation?
 - iii) How do you practice sati and sampajañña outside of formal meditation?
- 2) Protectors of the World (hiri and ottappa)
 - a) Definitions
 - i) Hiri
 - conscience
 - self-respect
 - sense of shame
 - *Extra*
 - conscientiousness
 - dignity
 - ii) Ottappa
 - concern
 - scruples
 - fear of wrongdoing
 - *Extra*
 - moral dread
 - b) Relevant Sutta Selections
 - i) hiri
 - AN 2.9
 - SN 1.18
 - SN 2.3
 - *Extra*
 - SN 42.8
 - ii) ottappa
 - Iti 42
 - MN 49
 - c) Excerpts from Ancient Commentary
 - i) hiri
 - Vism VII.142
 - ii) ottappa
 - Vism VII.142
 - d) Excerpts from Modern Commentary
 - i) hiri
 - [Thanissaro “The Road to Nibbana”](#)

- [U Chit Tin “Two Guardians of the World”](#)
- ii) ottappa
 - [Bodhi “The Guardians of the World”](#)
- e) Dhamma Talks on the topic
 - i) hiri
 - [Pemarathana “Hiri and Ottappa”](#)
 - [Maggavihāri “Hiri and Ottappa”](#)
 - [Jayasaro “Intelligent Shame”](#)
 - ii) ottappa
- f) External links
 - i) Hiri
 - [Wikipedia](#) - hiri
 - [Encyclopedia of Buddhism](#) - ottappa
 - ii) ottappa
 - [Wikipedia](#) - hiri
 - [Encyclopedia of Buddhism](#) - ottappa
- g) Comprehension Questions
 - i) Name one metaphor used by Buddhaghosa to describe hiri.
 - ii) Name one metaphor used by Buddhaghosa to describe ottappa.
- h) Reflective Questions
 - i) What is your preferred translation of hiri?
 - ii) What is your preferred translation of ottappa?
- 3) Graceful Dhammas (khanti and soracca)
 - a) Definitions
 - i) khanti
 - patience
 - forbearance
 - forgiveness
 - *Extra*
 - [PED khanti](#)
 - endurance
 - ii) Soracca
 - gentleness
 - restraint
 - meekness
 - *Extra*
 - [PED soracca](#)
 - b) Relevant Sutta Selections

- i) khanti
 - [Khp 5](#)
 - Dhp 184
 - [MN 21](#)
 - Heals the angry person: [SN 11.4](#)
 - ii) soracca
 - “Gentleness is my release” [SN 7.11](#)
 - “Gentleness and harmlessness are like feet” [AN 6.43](#)
 - c) Excerpts from Ancient Commentary
 - i) khanti
 - Commentary to Mangala Sutta
 - [A Treatise on the Pārami](#)
 - ii) soracca
 - Commentary to Mangala Sutta
 - d) Excerpts from Modern Commentary
 - i) khanti
 - [Thanissaro on Patience](#)
 - ii) soracca
 - e) Dhamma Talks on the topic
 - i) khanti
 - [Bhikkhu Bodhi on Patience](#)
 - [Thanissaro “The Wisdom of Patience”](#)
 - [Amaro “Endless Patience”](#)
 - *Extra*
 - [Thanissaro “The Skill of Patience”](#)
 - ii) soracca
 - [Jotipālo “Gentleness”](#)
 - f) External links
 - i) khanti
 - [Wikipedia](#)
 - [Encyclopedia of Buddhism](#)
 - ii) Soracca
 - g) Comprehension Questions
 - i) What are the differences between khanti and soracca?
 - ii) What are the similarities between khanti and soracca?
 - h) Reflective Questions
 - i) What is your preferred translation of khanti?
 - ii) What is your preferred translation of soracca?
- 4) Rare People (pubbakārī and kataññūkatavedī)

a) Definitions

- i) pubbakārī
- one who is first to do a kindness (Thanissaro)
- ii) kataññūkatavedī
- one who is grateful for a kindness done and feels obligated to repay it. (Thanissaro)
- Literally: “one who knows (aññū) what has been done (kata) and one cognizant (vedi) of what’s been done”
- Extra
- [PED kataññutā](#)
- [PED kataveditā](#)

b) Relevant Sutta Selections

- i) pubbakārī
- ii) kataññūkatavedī

c) Excerpts from Ancient Commentary

- i) pubbakārī
- [AN 2.119 Hard to Find Sutta](#)
- [AN 2.31 Parents](#)
- ii) kataññūkatavedī
- [The Mangala Sutta](#)
“Gratitude is recognizing, and repeatedly recollecting, the help given by anyone, whether little or much ... Hence gratitude should also be understood as recollection of the helpfulness of merits. This is called a blessing because it is a cause for such excellent achievements as being considered praiseworthy by good people.” (Bodhi, Mangalasuttavaṇṇanā)

d) Excerpts from Modern Commentary

- i) pubbakārī
- [Sumedho “The Gift of Gratitude”](#)
- [Amaro “Reflecting on a Mother’s Love”](#)
- ii) kataññūkatavedī
- [Gratitude Collected Teachings from Forest Sangha](#)
- [Thanissaro “The Lessons of Gratitude”](#)

e) Dhamma Talks on the topic

- i) pubbakārī
- [Kittisāro “This is the Happiness of the Buddha”](#)
- ii) kataññūkatavedī
- [Brahm “Thanks a Lot for Gratitude”](#)

- [Sucitto “Gratitude”](#)

- f) Comprehension Questions
 - What is the difference, if any, between kataññū and katavedi?
 - What is the literal meaning of “pubbakāri”?
 - g) Reflective Questions
 - Who are those in your life who were “the first doers”?
 -
- 5) Wholesomeness and unwholesomeness (kusala and akusala)
- a) Definitions
 - i) kusala
 - wholesome
 - skillful
 - good
 - ii) Akusala
 - unwholesome
 - unskillful
 - bad
 - b) Relevant Sutta Selections
 - i) kusala
 - [Central to Right View \(MN 9\)](#)
 - ii) akusala
 - c) Excerpts from Ancient Commentary
 - i) kusala
 - ii) akusala
 - d) Excerpts from Modern Commentary
 - i) kusala
 - [Thanissaro “Skillfulness”](#)
 - ii) akusala
 - [Ajahn Lee “The Lessons of Unawareness”](#)
 - iii) kusala and akusala
 - Buddhadhamma Chapter 5 Kamma
 - e) Dhamma Talks on the topic
 - i) kusala
 - ii) akusala
 - f) External links
 - i) kusala
 - [Buddhist Door](#)
 - ii) Akusala

- [Thich Nhat-Tu](#)

g) Comprehension Questions

i) What is

h) Reflective Questions

i) What is your preferred translation of kusala?

ii) What is your preferred translation of akusala?

B. Unit 2: Group of Threes

1. The Three Gems (Buddha, Dhamma, and Saṅgha)

a) Definitions

i) Buddha

- The Historical Gotama Siddhattha

- The Awakened One

- Knowing

ii) Dhamma

- The Buddha's Teaching

- The Truth

- The Law (of Nature)

- Extra

- phenomena

- of the nature

iii) Saṅgha

- The Order

- The Community of monks and Nuns

b) Relevant Sutta Selections

i) Buddha

- [A Sketch of the Buddha's Life \(from the Suttas\)](#)

ii) Dhamma

- [Listening to Dhamma](#)

- [Qualities of the Dhamma](#)

- [A Constitution of the Dhamma \(Gotami Sutta\)](#)

iii) Saṅgha

- [Qualities of the Saṅgha](#)

- [Relationship to laity](#)

iv) The Triple Gem

- The Refuge Supreme [Dhp 188-192](#)

- The Triple Gem [AN 11.12](#)

- Taking Refuge [Khp 1](#)

c) Excerpts from Ancient Commentary

- i) Recollection of the Enlightened One [Path of Purification](#) (p 188)
- ii) Recollection of the Dhamma [Path of Purification](#) (p 209)
- iii) Recollection of the Saṅgha [Path of Purification](#) (p 215)
- d) Excerpts from Modern Commentary
 - i) Buddha
 - [Bodhi “The Buddha and his Dhamma”](#)
 - ii) Dhamma
 - iii) Saṅgha
 - iv) [Thanissaro Refuge](#)
- e) Dhamma Talks on the topic
 - i) Buddha
 - [The Buddha \(Full Documentary\)](#)
 - [The Life of the Buddha \(BBC Documentary\)](#)
 - [The Buddha \(PBS Documentary\)](#)
 - Extra
 - [Bodhi “The Buddha”](#)
 - ii) Dhamma
 - [Thanissaro “Recognizing the Dhamma”](#)
 - iii) Saṅgha
 - [Bodhi “The Sangha”](#)
 - [Brahmāli “The Importance of the Sangha”](#)
- f) External links
 - i) Buddha
 - [Wikipedia](#)
 - [Encyclopedia of Buddhism](#)
 - ii) Dhamma
 - [Wikipedia](#)
 - [Encyclopedia of Buddhism](#)
 - iii) Saṅgha
 - [Wikipedia](#)
 - [Encyclopedia of Buddhism](#)
- g) Comprehension Questions
 - i) Buddha
 - ii) Dhamma
 - iii) Saṅgha
- h) Reflective Questions
 - i) Buddha
 - ii) Dhamma

iii) Saṅgha

2. The Three Characteristics (aniccatā; dukkhatā; anattatā)

a) Definitions

- i) Aniccatā
 - impermanence
 - transience
 - change
 - Extra
 - insubstantiality
- ii) dukkhatā
 - suffering
 - stress
 - dis-ease
 - Extra
 - tension
 - strain
- iii) anattatā
 - not-self
 - selflessness
 - no soul (questionable)

b) Relevant Sutta Selections

- i) aniccatā
 - [For abandoning ignorance Iti 85](#)
 - [The World is Disintegrating SN 35.82](#)
 - [The Shortness of Life AN 7.70](#)
- ii) dukkhatā
 - [The Dhammacakkha Sutta SN 56.11](#)
 - [The Buddha teaches only ~ MN 22](#)
 - [Aspects of ~ AN 6.63](#)
- iii) anattatā
 - [Simile of Dog SN 22.99](#)
 - [The Discourse on Not-Self SN 22.59](#)

c) Excerpts from Ancient Commentary

- i) aniccatā
 - [Visuddhimagga p.283](#)
 - [Visuddhimagga Chapter XX](#)
- ii) dukkhatā
 - [Visuddhimagga Description of the Truths](#)

- [Visuddhimagga The Truth of Suffering](#)
 - iii) anattatā
 - [Visuddhimagga p 529 On Voidness](#)
 - [Visuddhimagga p 633 Insight](#)
- d) Excerpts from Modern Commentary
 - i) aniccatā
 - [Goenka “Impermanence”](#)
 - [Nyanaponika “Impermanence”](#)
 - ii) dukkhatā
 - [Thanissaro “The Weight of Mountains”](#)
 - iii) Anattatā
 - [Ñānamoli “Anatta”](#)
 - [Mendis “The Not-Self Characteristic”](#)
 - [Thanissaro “The Not-Self Strategy”](#)
 - iv) Aniccatā, dukkhatā, anattatā
 - [Buddhadhamma Chapter 3](#)
- e) Dhamma Talks on the topic
 - i) aniccatā
 - [Brahmali “Impermanence”](#)
 - [Kevali “Impermanence: A Simple Truth”](#)
 - ii) dukkhatā
 - [Jayasaro “Suffering and Kamma”](#)
 - [Pasanno “Patient Knowing of Dukkha”](#)
 - iii) anattatā
 - [Brahm “Non-self”](#)
 - [Khemā “Anatta/Corelessness”](#)
- f) External links
 - i) aniccatā
 - [Wikipedia](#)
 - [Encyclopedia of Buddhism](#)
 - ii) dukkhatā
 - [Wikipedia](#)
 - [Encyclopedia of Buddhism](#)
 - iii) anattatā
 - [Wikipedia](#)
 - [Encyclopedia of Buddhism](#)
- g) Comprehension Questions
 - i) aniccatā

- Does anicca refer to both internal and external phenomena?
- Is Nibbāna anicca or nicca?
- ii) dukkhatā
 - What are three types of dukkha?
 - What is the difference between the dukkha of the three characteristics and the dukkha of the Four Noble Truths?
 - Is Nibbāna dukkha?
- iii) anattatā
 - Does anatta refer only to humans or also animals and things?
 - What does it mean to say that a rock is anatta?
 - Is Nibbāna anattā or attā?
- h) Reflective Questions
 - i) aniccatā
 - What is your preferred translation of aniccatā
 - What is your preferred method for practicing/seeing aniccatā?
 - ii) dukkhatā
 - What degree of dukkha can you tolerate in practice?
 - When and how is it useful to contemplate dukkhatā?
 - iii) Anattatā
 - Does anattatā make sense to you? If so, in what way? If not, why not?
 - In what sense is there a self? In what sense is there not-self?

3. The Three Trainings (sīla; samādhi; paññā)

a) Definitions

- i) sīla
 - morality
 - virtue
 - wholesome behavior
 - Extra:
 - ethics
- ii) samādhi
 - concentration
 - collectedness
 - solidity of mind
- iii) paññā

- wisdom
- discernment
- b) Relevant Sutta Selections
 - i) sīla
 - [MN 61 Advice to Rāhula](#)
 - [DN 31 Sigalovada Sutta](#)
 - [MN 41 Salleyyaka Sutta](#)
 - ii) samādhi
 - [MN 39 Jhāna Similes](#)
 - [SN 45.8 Definition of Right Concentration](#)
 - iii) paññā
 - [AN 8.2 Conditions for Paññā](#)
 - [MN 39 As Peak of Gradual Path](#)
- c) Excerpts from Ancient Commentary
 - i) sīla
 - [Visuddhimagga Chapters 1-2](#)
 - [DN-a 1 Greater Section on Virtue](#)
 - ii) samādhi
 - [Visuddhimagga Chapters 3-13](#)
 - [DN-a 22 Way of Mindfulness](#)
 - iii) paññā
 - [Visuddhimagga Chapters 14- 23](#)
 - [MN-a 10 Discourse on Right View](#)
- d) Excerpts from Modern Commentary
 - i) sīla
 - [Thanissaro “Healing Power of the Precepts”](#)
 - [Lee “The Craft of the Heart”](#)
 - ii) samādhi
 - [Sucitto “Samādhi it Pure Enjoyment”](#)
 - [Ajahn Lee “Lessons in Samādhi”](#)
 - [Thanissaro “The Path of Concentration and Mindfulness”](#)
 - iii) paññā
 - [Thanissaro “Discernment”](#)
- e) Dhamma Talks on the topic
 - i) sīla
 - [Sumedho “The Beauty of Morality”](#)
 - [Yuttadhammo “Virtue”](#)
 - ii) samādhi
 - [Gunaratana “What is Jhāna”](#)

- [Kalyano “A Talk on Developing Samadhi”](#)
 - iii) paññā
 - [Brahm “Wisdom and Stupidity”](#)
 - [Khemavaro “How do you Strengthen Wisdom”](#)
 - f) External links
 - i) sīla
 - [Wikipedia](#)
 - [Encyclopedia of Buddhism](#)
 - ii) samādhi
 - [Wikipedia](#)
 - [Encyclopedia of Buddhism](#)
 - iii) Paññā
 - [Wikipedia](#)
 - [Encyclopedia of Buddhism](#)
 - g) Comprehension Questions
 - i) sīla
 - ii) samādhi
 - iii) paññā
 - h) Reflective Questions
 - i) sīla
 - ii) samādhi
 - iii) paññā
4. The Three Dhamma Summaries (Abandon duccharita; Cultivate sucarita; Purify the mind)
- a) Definitions
 - i) duccharita
 - misconduct
 - inappropriate action
 - bad behavior
 - ii) sucarita
 - good conduct
 - appropriate action
 - beautiful behavior
 - iii) sacittapariyodapanam
 - purifying one's own mind
 - b) Relevant Sutta Selections
 - i) Duccarita
 -
 - ii) sucarita

- iii) sacittapariyodapanam
 - c) Excerpts from Ancient Commentary
 - i) duccharita
 - ii) sucarita
 - iii) sacittapariyodapanam
 - d) Excerpts from Modern Commentary
 - i) duccharita
 - ii) sucarita
 - iii) sacittapariyodapanam
 - e) Dhamma Talks on the topic
 - i) duccharita
 - ii) sucarita
 - iii) sacittapariyodapanam
 - f) External links
 - i) duccharita
 - Wikipedia
 - Encyclopedia of Buddhism
 - ii) sucarita
 - Wikipedia
 - Encyclopedia of Buddhism
 - iii) sacittapariyodapana
 - Wikipedia
 - Encyclopedia of Buddhism
 - g) Comprehension Questions
 - i) duccharita
 - ii) sucarita
 - iii) sacittapariyodapana
 - h) Reflective Questions
 - i) duccharita
 - ii) sucarita
 - iii) sacittapariyodapana
- 5. Three Forms of Duccarita/Succarita elaborated (kāyaduccarita; vacīduccarita; manoduccarita)
 - a) Definitions
 - i) kāyaduccarita - bodily misconduct:
 - killing
 - stealing
 - sexual misconduct
 - ii) vacīduccarita - verbal misconduct

- lying
- harsh speech
- backbiting
- idle chatter
- iii) manoduccarita
 - covetousness
 - ill-will
 - wrong view
- b) Relevant Sutta Selections
 - i) Kāyaduccarita
 - [MN 61 Buddha's advice to his son](#)
 - ii) vacīduccarita
 - iii) manoduccarita
- c) Excerpts from Ancient Commentary
 - i) kāyaduccarita
 - ii) vacīduccarita
 - iii) manoduccarita
- d) Excerpts from Modern Commentary
 - i) kāyaduccarita
 - ii) vacīduccarita
 - iii) manoduccarita
- e) Dhamma Talks on the topic
 - i) kāyaduccarita
 - ii) vacīduccarita
 - iii) manoduccarita
- f) External links
 - i) kāyaduccarita
 - Wikipedia
 - Encyclopedia of Buddhism
 - ii) vacīduccarita
 - Wikipedia
 - Encyclopedia of Buddhism
 - iii) manoduccarita
 - Wikipedia
 - Encyclopedia of Buddhism
- g) Comprehension Questions
 - i) kāyaduccarita
 - ii) vacīduccarita
 - iii) manoduccarita

- h) Reflective Questions
 - i) kāyaduccarita
 - ii) vacīduccarita
 - iii) manoduccarita
- 6. Three Roots of the Kusala/Akusala ((a-)lobha; (a-)dosa; (a-)moha)
 - a) Definitions
 - i) lobha
 - ii) dosa
 - iii) moha
 - b) Relevant Sutta Selections
 - i) lobha
 - ii) dosa
 - iii) moha
 - c) Excerpts from Ancient Commentary
 - i) lobha
 - ii) dosa
 - iii) moha
 - d) Excerpts from Modern Commentary
 - i) lobha
 - ii) dosa
 - iii) moha
 - e) Dhamma Talks on the topic
 - i) lobha
 - ii) dosa
 - iii) moha
 - f) External links
 - i) lobha
 - [Wikipedia](#)
 - [Encyclopedia of Buddhism](#)
 - ii) dosa
 - [Wikipedia](#)
 - [Encyclopedia of Buddhism](#)
 - iii) moha
 - [Wikipedia](#)
 - [Encyclopedia of Buddhism](#)
 - g) Comprehension Questions
 - i) lobha
 - ii) dosa
 - iii) Moha

- h) Reflective Questions
 - i) lobha
 - ii) dosa
 - iii) moha
- 7. Three Bases of Merit (dāna; sīla; bhāvana)
 - a) Definitions
 - i) XXX
 - ii) YYY
 - iii) ZZZ
 - b) Relevant Sutta Selections
 - i) XXX
 - ii) YYY
 - iii) ZZZ
 - c) Excerpts from Ancient Commentary
 - i) XXX
 - ii) YYY
 - iii) ZZZ
 - d) Excerpts from Modern Commentary
 - i) XXX
 - ii) YYY
 - iii) ZZZ
 - e) Dhamma Talks on the topic
 - i) XXX
 - ii) YYY
 - iii) ZZZ
 - f) External links
 - i) XXX
 - Wikipedia
 - Encyclopedia of Buddhism
 - ii) YYY
 - Wikipedia
 - Encyclopedia of Buddhism
 - iii) ZZZ
 - Wikipedia
 - Encyclopedia of Buddhism
- 8. Three Things Praised by People of Integrity (dāna; pabbajjā; mātāpitu upatṭhāna)
 - a) Definitions
 - i) XXX

- ii) *YYY*
 - iii) *ZZZ*
 - b) Relevant Sutta Selections
 - i) *XXX*
 - ii) *YYY*
 - iii) *ZZZ*
 - c) Excerpts from Ancient Commentary
 - i) *XXX*
 - ii) *YYY*
 - iii) *ZZZ*
 - d) Excerpts from Modern Commentary
 - i) *XXX*
 - ii) *YYY*
 - iii) *ZZZ*
 - e) Dhamma Talks on the topic
 - i) *XXX*
 - ii) *YYY*
 - iii) *ZZZ*
 - f) External links
 - i) *XXX*
 - Wikipedia
 - Encyclopedia of Buddhism
 - ii) *YYY*
 - Wikipedia
 - Encyclopedia of Buddhism
 - iii) *ZZZ*
 - Wikipedia
 - Encyclopedia of Buddhism
- 9. Three Faultless Practices (indriyaṣaṃvara; bhojane mattaññutā; jāgariyānuyoga)
 - a) Definitions
 - i) *XXX*
 - ii) *YYY*
 - iii) *ZZZ*
 - b) Relevant Sutta Selections
 - i) *XXX*
 - ii) *YYY*
 - iii) *ZZZ*
 - c) Excerpts from Ancient Commentary

- i) XXX
 - ii) YYY
 - iii) ZZZ
- d) Excerpts from Modern Commentary
 - i) XXX
 - ii) YYY
 - iii) ZZZ
- e) Dhamma Talks on the topic
 - i) XXX
 - ii) YYY
 - iii) ZZZ
- f) External links
 - i) XXX
 - Wikipedia
 - Encyclopedia of Buddhism
 - ii) YYY
 - Wikipedia
 - Encyclopedia of Buddhism
 - iii) ZZZ
 - Wikipedia
 - Encyclopedia of Buddhism

C. Fours

1. The Four Foundations or Mindfulness
 - [The Way of Mindfulness \(Satipatthāna Sutta Commentary\)](#)
2. The Four Noble Truths
 - [Bodhi "The Four Noble Truths"](#)
- 3.

D. Fives

E. Sixes

F. Sevens

G. Eights

1. Eightfold Noble Path
 - a) Right View
 - i)
 - ii) Ancient Commentaries
 - [Right View Commentary MN 9](#)
- 2.

H. Nines

I. Tens

1. Ten Paramis

- i) Ancient Commentaries
 - [Treatise on the Pāramis](#)

V. Conclusion

- i) Definitions
 - i) XXX
 - ii) YYY
- j) Relevant Sutta Selections
 - i) XXX
 - ii) YYY
- k) Excerpts from Ancient Commentary
 - i) XXX
 - ii) YYY
- l) Excerpts from Modern Commentary
 - i) XXX
 - ii) YYY
- m) Dhamma Talks on the topic
 - i) XXX
 - ii) YYY
- n) External links
 - i) XXX
 - Wikipedia
 - Encyclopedia of Buddhism
 - ii) YYY
 - Wikipedia
 - Encyclopedia of Buddhism
 - iii) ZZZ
 - Wikipedia
 - Encyclopedia of Buddhism
- o) Comprehension Questions

i) XXX

ii) YYY

iii) ZZZ

p) Reflective Questions

i) XXX

ii) YYY

iii) ZZZ