



Buddhism 101 Week 3

Lists, lists, and more lists...

Buddhism was born in ancient Indian society where most intellectual, academic, practical, and spiritual knowledge was transmitted orally. As a result, people had to memorize large amounts of information without writing it down. One of the most practical ways of doing this was to package complex ideas and concepts into bullet lists that could be easily committed to memory, recalled, then explored more deeply based on the many in depth commentaries and explanations one had received.

Here are a few of the many lists we will come across as we explore the Buddhist path.

The Three Higher Trainings

1. Ethics
2. Concentration
3. Wisdom

Six Perfections

1. Generosity
2. Ethics
3. Patience
4. Joyous Effort
5. Meditative Concentration
6. Wisdom

Eight Worldly Concerns

- Pain and Pleasure
- Gain and Loss
- Praise and Criticism
- Good Reputation and Bad Reputation

Three Jewels of Refuge

1. Buddha
2. Dharma
3. Sangha

Three Root Delusions

1. Ignorance/Misperception
2. Attachment/Greed
3. Anger/Hatred

Three Wisdoms

1. Wisdom of receiving the teachings
2. Wisdom of contemplating the teachings
3. Wisdom of meditating on the teachings

Four Immeasurables

1. Loving-kindness
2. Compassion
3. Empathetic Joy
4. Equanimity

Ten Non-Virtuous Actions

1. Killing (Body)
2. Stealing (Body)
3. Sexual Misconduct (Body)
4. Lying (Speech)
5. Divisive Talk (Speech)
6. Harsh Talk (Speech)
7. Idle Talk (Speech)
8. Coveting (Mind)

9. Ill-Will (Mind)
10. Wrong View (Mind)

Ten Virtuous Actions

1. Protecting Life
2. Generosity
3. Pure Sexual Conduct
4. Speaking Truthfully
5. Harmonious Speech
6. Kind and Gentle Speech
7. Meaningful Speech
8. Empathetic Joy
9. Goodwill
10. Right View

Four Opponent Powers

1. Regret
2. Resolve
3. Reliance/Refuge
4. Remedial Action