The Middle Way

The Path to Understanding, Liberation & Peace

Four Noble Truths:
The Existence of *Dukkha*

The Cause of *Dukkha (tanha: lit., "craving / thirst")*

The Cessation of *Dukkha (Nibbana: lit., "quench the fire")*

The Path Which Leads to Cessation of *Dukkha*, which is **The Noble Eightfold Path, consisting of:**

Wisdom (pañña)
Right Understanding (or view) (*samma-ditthi*)
Right Thought (or intention) (*samma-sankappa*)

Morality (sila)
Right Speech (*samma-vacha*)
Right Action (*samma-kammanta*)
Right Livelihood (*samma-ajiva*)

Meditation (samadhi)
Right Effort (*samma-vayama*)
Right Mindfulness (*samma-sati*)
Right Concentration (*samma-samadhi*)

Craving for sense pleasures, being, non-being

Aggregates (*khandhas*)
Form (*rupa*) · Feelings (*vedana*) · Perceptions (*sañña*) · Mental Formations (*sankhara*) · Consciousness (*viññana*)

Kilesa (lit., torment of mind): Covetousness, Aversion & Dilusion

The Fetters (*samyojana*)
Belief in personality (*sakkaya*) · Skepticism (*vicikiccha*) · Attachment to rules & rituals (*silabbata-paramasa*) · Sensual craving (*kama-raga*) · Ill will (*vyapada*) · Craving for material existence (*rupa-raga*) · Craving for non-material existence (*arupa-raga*) · Conceit (*mana*) · Restlessness (*udhacca*) · Ignorance (*avijja*)

Mental States Which Are Source of Suffering
Fear · Anger · Hatred · Arrogance · Jealousy · Greed · Ignorance

The Path of Living in Awareness. Mindfulness is the Foundation

Noble Qualities of Cultivation

Seven Factors of Enlightenment (The Fruits of Practice)
Mindfulness (Full Attention) · Discriminative Investigation of Dhamma, Inquiry · Energy · Rapture · Tranquility · Concentration · Equanimity

The Perfections (*paramita*)
Generosity (*dana*) · Morality (*sila*) · Renunciation (*nekkhamma*) · Wisdom (*pañña*) · Energy (*viriya* · Patience (*khanti*) · Truthfulness (*sacca*) · Determination (*adhitthana*) · LovingKindness (*metta*) · Equanimity (*upekkha*)

Five Precepts (pancha sila)
Refrain from taking life · Refrain from taking that which is not freely given · Refrain from misuse of the senses · Refrain from telling lies · Refrain from intoxication

The Brahma Viharas (sublime states)
LovingKindness (*metta*) · Compassion (*karuna*) · Sympathetic joy (*mudita*) · Equanimity (*upekkha*)

***Samatha:* lit., "quietude of heart/mind."**
***Vipassana:* lit., "clear seeing, insight"**

Concentration

The Jhanas (or absorptions or trance states)
In form: moral consciousness which consists of initial application (*vitakka*), sustained application (*vicara*), pleasurable interest (*piti*), happiness (*sukka*), one-pointedness (*upekkha*). **In the formless:** moral consciousness dwelling in the infinity of space (*akasanancayatana*), consciousness (*vinnanancayatana*), nothingness (*akinacannayatana*), and wherein perception neither is nor is not (*n'eva sanna n'asannayatana*).

Bare Attention

Healthy & Unhealthy Mental Factors

Unhealthy Factors — Healthy Factors
Perceptual/Cognitive:
Delusion — Insight
False View — Mindfulness
Shamelessness —Modesty
Recklessness — Discretion
Egoism — Confidence
Afflictive:
Agitation — Composure
Greed — Non-attachment
Envy — Impartiality
Avarice — Buoyancy
Worry — Pliancy
Contraction — Adaptability
Torpor — Proficiency
Perplexity — Rectitude

Five Spiritual Faculties
Faith (*saddha*) · Energy, vigor (*viriya*) · Mindfulness (*sati*) · Concentration, calmness of mind (*samadhi*) · Wisdom (*pana*)

Four Foundations of Mindfulness
Contemplation of body · Contemplation of feelings · Contemplation of mind · Contemplation of mind-objects

Marks of Existence, or Direct Confrontation
Ever present fact of change, impermanence (*anicca*) · Unsatisfactoriness, suffering, insufficiency (*dukkha*) · Impersonality, not self (*anatta*)

The Five Hindrances (*nivarana*)
Sensual desire (*kamac-anda*) · Anger (*vyapada*) · Sloth & Torpor (*thina-middha*) · Restlessness (agitation) & Worry (*uddhacca-kukkuacca*) · Doubt (*vicikiccha*)

Legend: Dotted lines connote the path which leads to that which is burdensome to bear, the solid lines, the path which leads to freedom.

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