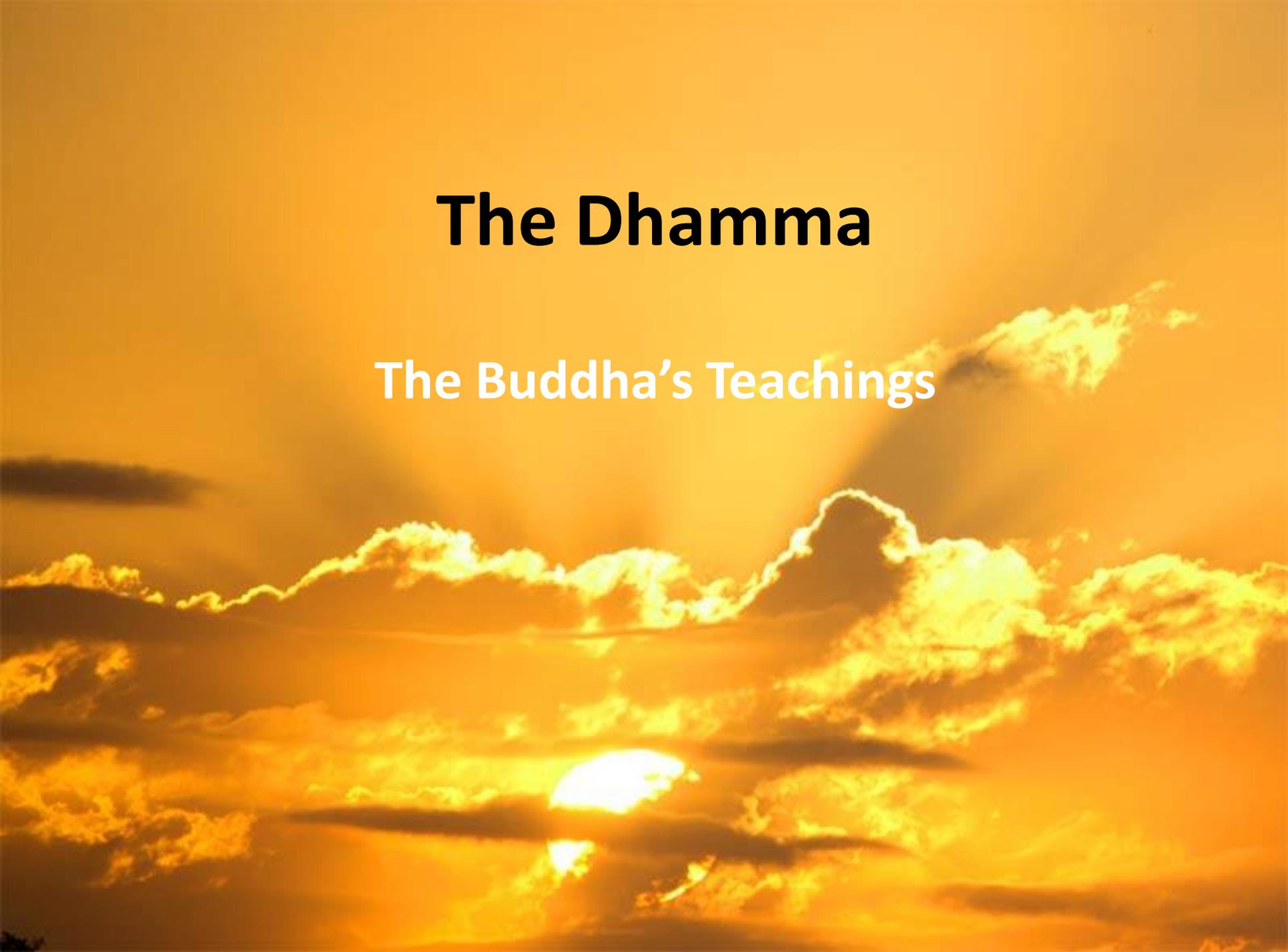


# The Dhamma

The Buddha's Teachings



# What is Dhamma?

- **Universal Truths**
  - True in all of TIME and all of SPACE
- **Absolute or Ultimate Truths**
  - Fundamental (smallest unit of) Truths
- **Supramundane Truths**
  - Beyond worldly
- **Buddha's Teachings**

# Recognising True Dhamma

- True dhamma is timeless & spaceless
- True dhamma, when practiced, is skillful (in thoughts, speech and actions) and wholesome in results
- True dhamma leads to the ending of greed (lobha), hatred (dosa) and delusion (moha)

# Kalama Sutta (AN 3.65)

*When you know for yourselves that, 'These qualities are skillful; these qualities are blameless; these qualities are praised by the wise; these qualities, when adopted & carried out, lead to welfare & to happiness' — then you should enter & remain in them.*

# Qualities of the Dhamma

## Gotami Sutta (AN 8.53)

- *"As for the qualities of which you may know, 'These qualities lead to **dispassion**, not to passion; to being **unfettered**, not to being fettered; to **shedding**, not to accumulating; to **modesty**, not to self-aggrandizement; to **contentment**, not to discontent; to **seclusion**, not to entanglement; to **aroused persistence**, not to laziness; to being **unburdensome**, not to being burdensome': You may categorically hold, 'This is the Dhamma, this is the Vinaya, this is the Teacher's instruction.'"*

# Qualities of the Dhamma

- Good in the beginning, good in the middle, good in the end.
- When put into practice, increases wholesome states and reduces unwholesome states
- Wholesome – reduces the **three poisons** of greed, hatred and delusion (or increase the opposite)

# Tipitaka (3 Baskets)

## 1. Vinaya

Rules of conduct for the monks and nuns

## 2. Sutta

- a. Digha Nikaya (Long Discourses)
- b. Majjhima Nikaya (Middle Length Discourses)
- c. Anguttara Nikaya (Numerical Discourses)
- d. Samyutta Nikaya (Topical Discourses)
- e. Khuddaka Nikaya (Misc. Discourses)
  - i. Dhammapada
  - ii. Sutta Nipata
  - iii. Jataka Tales

## 3. Abhidhamma

# The Four Noble Truths



# The Four Noble Truths

## 1. The Noble Truth of Dukkha

- To be completely understood

## 2. The Noble Truth of the CAUSE of Dukkha

- To be completely abandoned

## 3. The Noble Truth of the CESSATION of Dukkha

- To be completely realised

## 4. The Noble Truth of the PATH leading to the Cessation of Dukkha

- To be completely developed

# Buddhism in a Nutshell

- Four Noble Truths is:
  - **Buddhism** in a nutshell
    - For Laypeople, For Renunciates
  - **Dhamma** in a nutshell
    - Worldy Dhamma, Supramundane Dhamma
  - **Reality** in a nutshell
    - Relative Reality, Absolute Reality
  - **Experiencing life**
    - From perspective of SELF, Beyond SELF
    - Anicca, Dukkha, Anatta

# The Great Physician

1. Identify the problem
2. Identify the cause
3. Is there a cure?
4. Provide the cure

1. Truth of Suffering
2. Cause of Suffering
3. State of No Suffering
4. The Noble Eightfold Path

# 1. The Truth of Dukkha

## [Dukkha Ariya Sacca]

- **Dukkha** = sufferings, stress, unsatisfactoriness
- “Now this, O Bhikkhus, is the Noble Truth of Suffering. Birth is suffering, decay is suffering, disease is suffering, death is suffering, to be united with the unpleasant is suffering, to be separated from the pleasant is suffering, not to get what one desires is suffering... This Noble Truth of Suffering should be perceived.”

## 2. The Truth of the Origin of Dukkha [Dukkha Samudaya Ariya Sacca]

- **Tanha** (craving) is the cause of dukkha
- “Now this, O Bhikkhus, is the Noble Truth of the Origin of Suffering. It is this craving which produces rebirth, accompanied by passionate clinging, welcoming this and that (life). It is the craving for sensual pleasures, craving for existence and craving for non-existence... This Noble Truth of the Origin of Suffering should be eradicated.”

# 3. The Truth of the Cessation of Dukkha [Dukkha Nirodha Ariya Sacca]

- **Nirodha** = cessation, extinction, extinguished
- “Now this, O Bhikkhus, is the Noble Truth of the Cessation of Suffering. It is the complete separation from, and destruction of, this very craving, its forsaking, renunciation, the liberation therefrom, and non-attachment thereto... This Noble Truth of the Cessation of Suffering should be realised.”

## **4. The Truth of the Path leading to Cessation of Dukkha [Dukkha Nirodha Gamini Patipada Ariya Sacca]**

- “Now this, O Bhikkhus, is the Noble Truth of the Path leading to the Cessation of Suffering. It is the Noble Eightfold Path... This Noble Truth of the Path leading to the Cessation of Suffering should be developed.”

# The Noble Eightfold Path

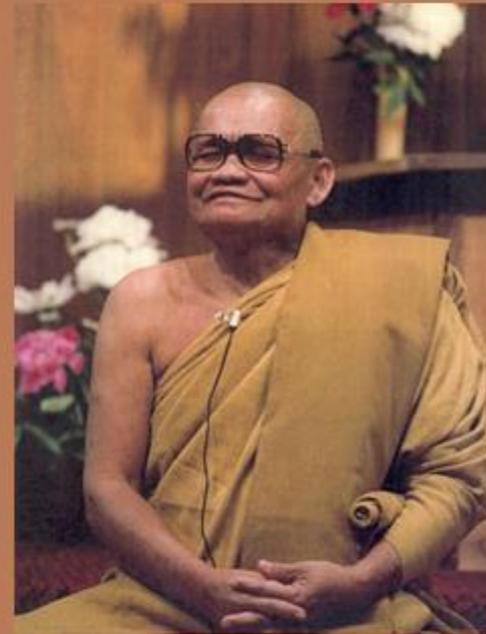
## [Ariya Atthangika Magga]

1. Right View / Understanding
2. Right Intention / Thought
3. Right Speech
4. Right Action
5. Right Livelihood
6. Right Effort
7. Right Mindfulness
8. Right Concentration

**When you practise a little,  
you get a little happiness.**

**When you practise a lot,  
you get a lot of happiness.**

**When you practise  
completely, you get  
complete happiness.**

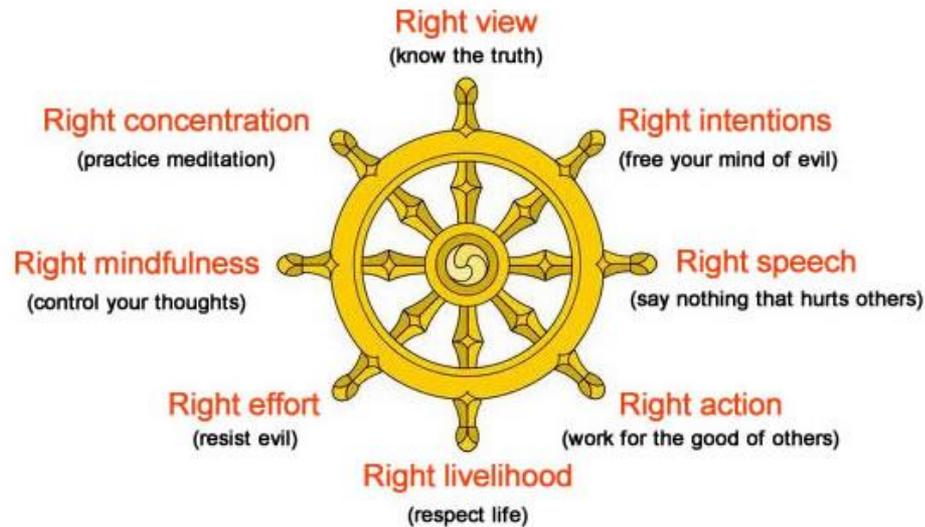


# **The Noble Eightfold Path [Ariya Atthangika Magga]**



# Dhammacakkappavattana Sutta

“What, O Bhikkhus, is that Middle Path the Tathagata has comprehended which promotes sight and knowledge, and which tends to peace, higher wisdom, enlightenment and Nibbana? The very Noble Eightfold Path.”



# Middle Path

“The Noble Eightfold Path... avoids the extreme of self-mortification that weaken one’s intellect and the extreme of self-indulgence that retards one’s moral progress.”



<b>NOBLE EIGHTFOLD PATH</b>	<b>ARIYA ATTHANGIKA MAGGA</b>
<b>WISDOM</b>	<b>PANNA</b>
Right View or Understanding	Samma Ditthi
Right Thoughts or Intentions	Samma Samkappa
<b>MORALITY</b>	<b>SILA</b>
Right Speech	Samma Vaca
Right Action	Samma Kammata
Right Livelihood	Samma Ajiva
<b>CONCENTRATION</b>	<b>SAMADHI</b>
Right Effort	Samma Vayama
Right Mindfulness	Samma Sati
Right Concentration	Samma Samadhi

# Fundamental to Practice

<b>Faith (Saddha)</b>	In the Buddha, Dhamma, Sangha
<b>Right View</b>	Right View of the Four Noble Truths Right View of Kamma Right View of Nutriment Right View of Wholesome / Unwholesome
<b>Right Intentions</b>	Thoughts of Renunciation Thoughts of Benevolence Thoughts of Harmlessness
<b>Generosity / Charity (Dana)</b>	Kindness in Thoughts, Words, Deeds
	Give Respectfully, Timely, Appropriately, Without asking for anything in return
	Giving requisites – food, lodging, clothings, medicine
	Ayu, vanno, sukham, balam

# Sila (Moral Conducts)

<b>Right Speech</b>	Avoid Lying
	Avoid Harsh Speech
	Avoid Slandering Others
	Avoid Idle Talks
<b>Right Action</b>	Avoid Killing or taking of lives
	Avoid Stealing or taking what is not given
	Avoid Sexual Misconduct
<b>Right Livelihood</b>	Avoid trading human beings
	Avoid trading animals
	Avoid trading weapons
	Avoid trading poisons
	Avoid trading intoxicants

# Sila (Moral Conducts)

## 6 outcomes for **breaking** the precepts

1. Squander wealth away
2. Bad reputation
3. Cannot stand confidently in an assembly
4. Remorse and regrets
5. Fearful when dying
6. Reborn in woeful planes

# Rewards of Practising Dana and Sila

- Practise a little
  - Reborn in human plane or ghost plane
- Practise moderately
  - Reborn in human plane, with good blessings
- Practise a lot
  - Reborn in heavenly plane

# Five Hindrances to Happiness

- Sensual desires
- Ill Will
- Sloth and torpor
- Restlessness and Worries
- Skeptical Doubt

# Samadhi (Concentration)

<b>Right Effort</b>	Prevent arising of unarisen unwholesome states
	Discard unwholesome states already arisen
	Develop unarisen wholesome states
	Promote wholesome states already arisen
<b>Right Mindfulness</b>	Mindfulness of Body
	Mindfulness of Feelings
	Mindfulness of Thoughts / States of Mind
	Mindfulness of Dhamma
<b>Right Concentration</b>	One-pointedness of mind developed through meditation (the jhanas)

# Benefits of Practising Samadhi

1. The only way to transform your life
2. Increasing worldly happiness and appreciation
3. Increase clarity of mind
4. Reborn in Rupaloka (with jhanas)
5. Able to see things as they really are

# Panna (Wisdom)

<b>Right View</b>	Seeing things as they really are / seeing the dhamma
	Seeing the Four Noble Truths
<b>Right Intentions</b>	Renunciation Revulsion Dispassion Liberation

# The Noble Path to Happiness

SADDHA (FAITH)	BHAVANA (MENTAL DEVELOPMENT)
<ol style="list-style-type: none"><li>1. Belief in Buddha, Dhamma, Sangha</li><li>2. Take refuge in Triple Gems</li><li>3. Upholding the Five Precepts</li></ol>	<ol style="list-style-type: none"><li>1. Overcoming 5 Hindrances</li><li>2. Attaining Rupa Jhanas</li><li>3. Attaining Arupa Jhanas</li></ol>
DANA (GENEROSITY)	PANNA (WISDOM)
<ol style="list-style-type: none"><li>1. Kindness in actions</li><li>2. Kindness in words</li><li>3. Kindness in thoughts</li></ol>	<ol style="list-style-type: none"><li>1. Mind-made Body</li><li>2. Psychic Powers<ul style="list-style-type: none"><li>▪ One -&gt; many, Many -&gt; one</li><li>▪ Walk through solids</li><li>▪ Walk on water</li><li>▪ Fly / levitate in air</li><li>▪ Touch moon &amp; sun</li><li>▪ Reach Brahma world</li></ul></li><li>3. Clairaudience</li><li>4. Mind-reading</li><li>5. Recollection of Past Lives</li><li>6. Divine Eyes</li><li>7. Destruction of Asavas</li></ol>
SILA (MORAL CONDUCTS)	
<ol style="list-style-type: none"><li>1. Precepts – 5, 8 and 10 Precepts</li><li>2. Moderation in eating</li><li>3. Restraint in senses</li><li>4. Mindful and Alert</li><li>5. Devoted to wakefulness</li><li>6. Contentment</li><li>7. Seclusion of Body and Mind</li></ol>	