

anicca

(a + nicca) impermanence

anattā

(an + attā) non-self

dukkha

unpleasantness, causing misery,
unsatisfactoriness

sīla

morality, purity of actions

sammā-vācā

right speech

sammā-kammanta

right actions

sammā-ājīva

right livelihood

samādhi

concentration

sammā-sati

right awareness

sammā-samādhi

right concentration

sammā-vāyāma

right effort

paññā

wisdom

sammā-saṅkappa

right thought

sammā-ditṭhi

right view

suta-mayā paññā

wisdom from hearing

cintā-mayā paññā

wisdom from intellectual understanding

bhāvanā-mayā paññā

wisdom from experience

impermanence, non-self, unsatisfactoriness
(anicca, anattā, dukkha)

What are the three characteristics of mind and
matter (nāmarūpa)?

nāmarūpa

mind and matter

viññāṇa

consciousness

saññā

perception

vedanā

sensation

saṅkhāra

habit pattern, reactive part of the mind

matter, consciousness, perception, sensation,
volitional activity (rūpa, viññāṇa, saññā,
vedanā, saṅkhāra)

What are the five aggregates or aspects of sentient
existence?

consciousness, perception, sensation, volitional
activity (viññāṇa, saññā, vedanā, saṅkhāra)

What are the four aspects of nāma (mind)?

pārami

perfection, wholesome mental quality that helps to dissolve egoism and thus leads one to liberation

adhiṭṭhāna

(adhi + sthā) strong determination

upekkhā

equanimity, zero point between joy and sorrow

khanti

forbearance

dāna

giving of charitable gifts

nekkhamma

renunciation

mettā

loving kindness

sacca

truth

virīya

vigor, energy, effort

determination, equanimity, forbearance, giving of
charitable gifts, renunciation, wisdom, loving
kindness, truth, moral conduct, effort
(adhiṭṭhāna, upekkhā, khanti, dāna,
nekkhamma, paññā, mettā, sacca, sīla, virīya)

What are the ten pāramī (perfections)?

indriya

mastery

saddhā

devotion

devotion, effort, awareness, concentration,
wisdom (saddhā, viriya, sati, samādhi, paññā)

What are the five indriyā (masteries or friends)?

nīvaraṇa

obstacle, hindrance

kāmacchanda

craving for sense pleasures

vyāpāda

aversion

thīna-middha

sluggishness

uddhacca-kukkucca

agitation

vicikicchā

doubt

craving, aversion, sluggishness, agitation, doubt
(kāmacchanda, vyāpāda, thīna-
middha, uddhacca-kukkucca, vicikicchā)

What are the five nīvaraṇa (hindrances or
enemies)?

rāga

lust

dosa

anger

moha

delusion

paṭiloma

against the hair, in reverse order

anuloma

with the hair or grain, in natural order

dhātu

element, natural condition

avijjā

ignorance

taṇhā

craving (the cause of suffering, originates in
bodily sensations)

bhava

becoming, rebirth

jāti

existence, birth, rebirth

jarā

old age, decay

maraṇa

physical death, dying

uppādāna

clinging, attachment

right speech, right actions, right livelihood, right effort, right awareness, right concentration, right thought, right view (sammā-vācā, sammā-kammata, sammā-ājīva, sammā-vāyāma, sammā-sati, sammā-samādhi, sammā-saṅkappa, sammā-diṭṭhi)

What are the components of the Eightfold Noble Path?