



# Pāli Flash Cards

1. **adhiṭṭhāna:** (*adhi + sthā*) strong determination
2. **anattā:** (*an + attā*) non-self
3. **anicca:** (*a + nicca*) impermanence
4. **anuloma:** with the hair or grain, in natural order
5. **avijjā:** ignorance
6. **bhava:** becoming, rebirth
7. **bhāvanā-mayā paññā:** wisdom from experience
8. **cintā-mayā paññā:** wisdom from intellectual understanding
9. **dhātu:** element, natural condition
10. **dosa:** anger
11. **dukkha:** unpleasantness, causing misery, unsatisfactoriness
12. **dāna:** giving of charitable gifts
13. **indriya:** mastery
14. **jarā:** old age, decay
15. **jāti:** existence, birth, rebirth
16. **khanti:** forbearance
17. **kāmacchanda:** craving for sense pleasures
18. **maraṇa:** physical death, dying
19. **mettā:** loving kindness
20. **moha:** delusion
21. **nekkhamma:** renunciation
22. **nāmarūpa:** mind and matter
23. **nīvaraṇa:** obstacle, hindrance
24. **paṭiloma:** against the hair, in reverse order
25. **paññā:** wisdom
26. **pārami:** perfection, wholesome mental quality that helps to dissolve egoism and thus leads one to liberation
27. **rāga:** lust
28. **sacca:** truth
29. **saddhā:** devotion
30. **sammā-diṭṭhi:** right view
31. **sammā-kammanta:** right actions
32. **sammā-samādhi:** right concentration
33. **sammā-sati:** right awareness
34. **sammā-saṅkappa:** right thought
35. **sammā-vācā:** right speech
36. **sammā-vāyāma:** right effort
37. **sammā-ājīva:** right livelihood
38. **samādhi:** concentration
39. **saṅkhāra:** habit pattern, reactive part of the mind
40. **saññā:** perception
41. **suta-mayā paññā:** wisdom from hearing
42. **sīla:** morality, purity of actions
43. **taṇhā:** craving (the cause of suffering, originates in bodily sensations)
44. **thīna-middha:** sluggishness
45. **uddhacca-kukkucca:** agitation
46. **upekkhā:** equanimity, zero point between joy and sorrow
47. **uppādāna:** clinging, attachment
48. **vedanā:** sensation
49. **vicikicchā:** doubt
50. **virīya:** vigor, energy, effort
51. **viññāṇa:** consciousness
52. **vyāpāda:** aversion
53. **What are the components of the Eightfold Noble Path?:**  
*right speech, right actions, right livelihood, right effort, right awareness, right concentration, right thought, right view (sammā-vācā, sammā-kammanta, sammā-ājīva, sammā-vāyāma, sammā-sati, sammā-samādhi, sammā-saṅkappa, sammā-diṭṭhi)*
54. **What are the five aggregates or aspects of sentient existence?:** *matter, consciousness, perception, sensation, volitional activity (rūpa, viññāṇa, saññā, vedanā, saṅkhāra)*
55. **What are the five indriyā (masteries or friends)?:**  
*devotion, effort, awareness, concentration, wisdom (saddhā, virīya, sati, samādhi, paññā)*

56. **What are the five nīvaraṇa (hindrances or enemies)?:**  
*craving, aversion, sluggishness, agitation, doubt*  
*(kāmacchanda, vyāpāda, thīna- middha, uddhacca-*  
*kukkucca, vicikicchā)*
57. **What are the four aspects of nāma (mind)?:**  
*consciousness, perception, sensation, volitional activity*  
*(viññāṇa, saññā, vedanā, saṅkhāra)*
58. **What are the ten pāramī (perfections)?:** *determination,*  
*equanimity, forbearance, giving of charitable gifts,*  
*renunciation, wisdom, loving kindness, truth, moral*  
*conduct, effort (adhiṭṭhāna, upekkhā, khanti, dāna,*  
*nekkhamma, paññā, mettā, sacca, sīla, viriya)*
59. **What are the three characteristics of mind and matter**  
**(nāmarūpa)?:** *impermanence, non-self,*  
*unsatisfactoriness (anicca, anattā, dukkha)*