

BUDDHISM, CLASS OUTLINE 3

FOUR NOBLE TRUTHS, PT. II: PATH TO LIBERATION

The Middle Way (majjhimapātipadā [Skt: madhyamā-pratipada])

3rd Noble Truth: Cessation of Suffering (dukkha).

4th Noble Truth: Noble Eightfold Path (aṭṭangika-magga [Skt: aṣṭangika-mārga])

III. Wisdom	(1) Perfected View (samyak-dristhi [Pali: sammā-ditthi]) (2) Perfected Resolve (samyak-kalpa [Pali: sammā-sankappa])
I. Morality	(3) Perfected Speech (samyak-vāc [Pali: sammā-vācchā]) (4) Perfected Action (samyak-karmānta [Pali: sammā-kammanta]) (5) Perfected Livelihood (samyak-ājīva [Pali: sammā-ājīva])
II. Meditation	(6) Perfected Effort (samyak-vyāyāma [Pali: sammā-vāyāma]) (7) Perfected Mindfulness (samyak-smriti [Pali: sammā-sati]) (8) Perfected Concentration (samyak-samādhi [Pali: sammā-samādhi])

Four kinds of wrong speech: (1) lying (3) abusive speech
(2) slander (4) idle chatter

Five Perverted Occupations: (1) trading in weapons
(2) trading in living beings (livestock and humans)
(3) trading in meat
(4) trading in liquor
(5) trading in poison

Four Perverted Views: (1) seeing permanence in what is impermanent
(2) seeing happiness where there is only suffering
(3) seeing beauty in what is ugly
(4) seeing a self in what lacks a self

Three Resolutions:
(1) to renounce the world and its enticement [=non-attachment]
(2) to assume an attitude of benevolence and goodwill towards all living beings
(3) not to harm any living beings

Nirvāna: (i) with remainder
(ii) without remainder