

Core Buddhist Lists: A Practical Map of the Path

The Buddha often taught using short lists - simple teachings that support understanding, practice, meditation, and insight.

1. Training the Mind/Heart

(How we meditate)

Four Foundations of Mindfulness

Body

Feelings

Mind states

Processes of liberation(dhammas)

Five Remembrances

This body is aging; vulnerable to sickness; will die.

Loss is part of life.

I can meet this moment with wisdom.

Five Hindrances

Desire

Aversion

Sloth & torpor

Restlessness & worry

Doubt

Seven Factors of Awakening

Mindfulness

Investigation

Energy

Joy

Calm

Concentration

Equanimity

2. Understanding Experience

(Seeing through a Buddhist lens)

Five Aggregates

Form (body)

Feeling

Perception

Mental formations

Consciousness

Six Sense Bases

Seeing

Hearing

Smelling

Tasting

Touching

Thinking

3. Understanding the Human Experience

(Why we practice – liberation for all beings)

Four Noble Truths

1. There is suffering

2. Suffering has causes

3. Suffering can end

4. There is a path to freedom

Three Characteristics

Impermanence (*anicca*)

Unsatisfactoriness (*dukkha*)

Not-self (*anatta*)

Dependent Origination (Short Version)

With craving, suffering follows

With the ending of craving, suffering ends

4. Living the Path

(How we practice in daily life)

Noble Eightfold Path

Wisdom (*paññā*):

Wise View • Wise Intention

Harmonious living (*sīla*):

Wise Speech • Wise Action • Wise Livelihood

Meditation (*samādhi*):

Wise Effort • Wise Mindfulness • Wise Concentration

Three Refuges

Buddha • Dharma • Sangha

Five Precepts

1. Not harming living beings

2. Not taking what is not given

3. Wise use of sexuality

4. Truthful speech

5. Avoiding intoxicants

Ten Pāramīs (Perfections)

Generosity (*dāna*)

Harmonious living (*sīla*)

Renunciation (*nekkhamma*)

Wisdom (*paññā*)

Energy (*virīya*)

Patience (*khanti*)

Truthfulness (*sacca*)

Determination (*adhiṭṭhāna*)

Loving-kindness (*mettā*)

Equanimity (*upekkhā*)

Four Brahmavihāras

Loving-kindness (*mettā*)

Compassion (*karuṇā*)

Appreciative joy (*muditā*)

Equanimity (*upekkhā*)

Five Spiritual Faculties

Faith

Energy

Mindfulness

Concentration

Wisdom

These lists are not meant to be memorized all at once. They can be explored gradually over time.

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