

SATTATIṂSĀ BODHIPAKKHIYADHAMMĀ

37 THINGS ON THE SIDE OF AWAKENING

OUTLINE:

Cattāro Satipaṭṭhānā,

The Four Ways of Attending to Mindfulness,

Cattāro Sammappadhānā,

Four Right Strivings,

Cattāro Iddhipādā,

Four Bases of Spiritual Power,

Pañcindriyāni,

Five Faculties,

Pañca Balāni,

Five Strengths,

Satta Bojjhaṅgā,

Seven Factors of Awakening,

Ariyo Aṭṭhaṅgiko Maggo.

Noble Eight-Fold Path.

DETAIL:

Cattāro Satipaṭṭhānā,

The Four Ways of Attending to Mindfulness,

1. Kāyānupassanā,

Contemplation of the body,

2. Vedanānupassanā,

Contemplation of feelings,

3. Cittānupassanā,

Contemplation of the mind,

4. Dhammānupassanā.

Contemplation of (the nature of) things.

Cattāro Sammappadhānā,

Four Right Strivings,

1. Anuppannānaṃ pāpakānaṃ akusalānaṃ

To generate desire for the non-arising of bad

dhammānaṃ anuppādāya chandaṃ janetuṃ,

and unwholesome things that have not yet arisen,

2. Uppannānaṃ pāpakānaṃ akusalānaṃ

To generate desire for the abandonment of bad

dhammānaṃ pahānāya chandaṃ janetuṃ,

and unwholesome things that have already arisen,

3. Anuppannānaṃ kusalānaṃ

To generate desire for the arising

dhammānaṃ uppādāya chandaṃ janetuṃ,

of wholesome things that have not yet arisen,

4. Uppannānaṃ kusalānaṃ dhammānaṃ ṭhitiyā, asamosāya,

To generate desire for the endurance, persistence,

bhiyyobhāvāya, vepullāya, bhāvanāya, pāripūriyā chandaṃ janetuṃ.

multiplication, extension, development, and fulfilment of wholesome things that have arisen.

Cattāro Iddhipādā,

Four Bases of Spiritual Power,

1. Chandasamādhīpadhānaṣaṅkhārasamannāgataṃ,

Concentration of desire accompanied by the volition of striving,

2. Viriyasamādhīpadhānaṣaṅkhārasamannāgataṃ,

Concentration of energy accompanied by the volition of striving,

3. Cittasamādhīpadhānaṣaṅkhārasamannāgataṃ,

Concentration of thought accompanied by the volition of striving,

4. Vimāṃsasamādhīpadhānaṣaṅkhārasamannāgataṃ.

Concentration of investigation accompanied by the volition of striving.

Pañcindriyāni,

Five Faculties,

1. Saddhā,
Faith,

2. Viriya,
Energy,

3. Sati,
Mindfulness,

4. Samādhi,
Concentration,

5. Paññā.
Wisdom.

Pañca Balāni,

Five Strengths,

1. Saddhā,
Faith,

2. Viriya,
Energy,

3. Sati,
Mindfulness,

4. Samādhi,
Concentration,

5. Paññā.
Wisdom.

Satta Bojjhaṅgā,
Seven Factors of Awakening,

- 1. Satibojjhaṅgo,**
The Factor of Awakening that is Mindfulness,
- 2. Dhammavicaya-bojjhaṅgo,**
The Factor of Awakening that is Investigation of the (nature of) things,
- 3. Viriyabojjhaṅgo,**
The Factor of Awakening that is Energy,
- 4. Pītibojjhaṅgo,**
The Factor of Awakening that is Joyful-Interest,
- 5. Passaddhibojjhaṅgo,**
The Factor of Awakening that is Tranquillity,
- 6. Samādhibojjhaṅgo,**
The Factor of Awakening that is Concentration,
- 7. Upekkhābojjhaṅgo.**
The Factor of Awakening that is Equanimity.

Ariyo Aṭṭhaṅgiko Maggo.
Noble Eight-Fold Path.

- 1. Sammādiṭṭhi**
Right View
- 2. Sammāsaṅkappo**
Right Thought
- 3. Sammāvācā**
Right Speech
- 4. Sammākammanto**
Right Action
- 5. Sammā-Ājīvo**
Right Livelihood
- 6. Sammāvāyāmo**
Right Endeavour
- 7. Sammāsati**
Right Mindfulness
- 8. Sammāsamādhi.**
Right Concentration.