

23/11/2016

Basic terms:

- ✿ Māra
- ✿ Bhumi-sparsha mudra
- ✿ The Five Skandhas
 - forms
 - feelings
 - perceptions
 - inclinations (impulses, activities)
 - discernment (consciousness, discrimination)
- ⇒ identification of self, sense of individuality

- ✿ The Four Noble Truths
 - The Truth of Suffering
 - The Truth of the Origin of Suffering
 - The Truth of the Cessation of Suffering
 - The Truth of the Way leading to the Cessation of Suffering

- ✿ The Noble Eightfold Path
 - right view
 - right intention
 - right speech
 - right action
 - right livelihood
 - right effort
 - right mindfulness
 - right concentration

- ✿ The Three Opposites of the Three Poisons
 - Crossing the Ocean
 - Reaching the Other Shore

- ✿ The Noble Eightfold Path and the Six Perfections
 - ⇒ a gradual process involving progression
 - ⇒ establishing good (noble, right) conduct based on **ethics**
 - ⇒ which provide a firm foundation for the development of **concentration**
 - ⇒ preparing **the mind** for a perfect **understanding of wisdom** (prajñā pāramitā)