

Dharma Topics List

Four Divine Abodes – Bramaviharas

Loving-Kindness
Compassion
Sympathetic Joy
Equanimity

Three Jewels

Buddha
Dharma
Sangha

Four Noble Truths

Suffering
The Cause of Suffering
The End of Suffering
The Path

Eightfold Path

Wise View
Wise Intention
Wise Speech
Wise Action
Wise Livelihood
Wise Effort
Wise Concentration
Wise Mindfulness

Five Precepts

Abstaining from taking life
Abstaining from taking what is
not freely given
Abstaining from false speech
Abstaining from sexual
misconduct
Abstaining from misusing
intoxicants

Five Hindrances

Desire
Aversion
Sloth and Torpor
Restlessness
Doubt

Seven Factors of Enlightenment

Mindfulness
Investigation
Energy
Joy
Tranquility
Concentration
Equanimity

Five Daily Recollections

I am of the nature to grow old
I am of the nature to get sick
I am of the nature to die
Everyone and everything I hold
dear will vanish
I am the owner of my actions,
everything I do this I will inherit

Paramitas

Generosity
Morality
Renunciation
Wisdom
Effort
Patience
Truthfulness
Resolve
Loving Kindness
Equanimity