Structure of Buddhism

(BUDDHA DHARMA – TEACHING OF THE BUDDHA)

Teaching of the Buddha = Full explanation of the problem of life: *Dukkha* / Suffering

1 *Dukkha*: the problem of life

- *Dukkha* - Unsatisfactoriness
- *Domanassa* - Frustration
- *Soka* - Sadness / grief
- *Parideva* - Anxiety
- *Upayasa* - Stress
- *Bhaya* - Fear / Insecurity

→ To be fully understood

2 Cause of *Dukkha*, the problem

→ *Tanha* - Clinging

- *Raga* - Greed
- *Dosa* - Hatred
- *Moha* - Confusion

→ *Kama Tanha*, *Bhava Tanha*, *Vibhava Tanha*

→ To be fully eliminated

3 Cessation of *Dukkha*, the problem

- *Sukha* - Absence of suffering
- *Nibbana* - Ultimate peace of mind
- *Tanhakhaya* - Cessation of clinging
- *Viraga* - Non-attachment
- *Asankhata* - Unconditioned mind
- *Abhaya* - Fearlessness

→ To be fully experienced

THEORY

4 Method of Ceasing *Dukkha*, the problem

→ Eight fold Path (Middle Path)
Transformation of Behavior: verbal, physical & mental

- *Samma Ditthi* - Wholesome Views
- *Samma Samkappa* - Wholesome Thoughts
- *Samma Vaca* - Wholesome Speech
- *Samma Kammanta* - Wholesome Activities
- *Samma Ajiva* - Wholesome Occupation
- *Samma Vayama* - Wholesome Endeavor
- *Samma Sati* - Wholesome Mindfulness
- *Samma Samadhi* - Wholesome Mental Composure

→ To be fully cultivated / developed

PRACTICE

American Buddhist Seminary 1992 ABS

American Buddhist Seminary, 2717 Haste Street, Berkeley, California 94704, U.S.A / Email: abs@middleway.net Web: www.middleway.net Phone: (510) 845-4843