### Cheatography

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#### 37 factors of enlightenment

Four foundations of mindfulness (smrtyupasthānas)

Four right exertions (samyakpradhānas)

Four bases of power (ṛddhipādas)

Five faculties (indriyas)

Five powers (balas)

Seven factors of Enlightenment (saṃbodhyaṅgas)

Noble Eightfold Path (mārgāṅgas)

# Eight sets of fifty supplementary qualities

Three meditative stabilizations (samādhis)

Four trances (dhyānas)

Four immeasurables (apramāṇas)

Four formless absorptions (ārūpyasamāpattis)

Eight liberations (vimoksas)

Eight spheres of mastery (abhibhvāyatanas)

Nine successive absorptions (anupūrvasamāpattis)

Ten spheres of totality (kṛtsnāyatanas)

#### Six sets of forty-four qualities

Nine horrible notions (aşubhasamjñās)

Eight recollections (anusmṛtis)

Ten concepts (samjñās)

Eleven knowledges (jñānas)

Three meditative stabilizations (samādhis) (2)

Three faculties (indriyas)

#### **Attributes of the Buddhas**

The ten powers (balas)

The four fearlessnesses (vaiśāradyas)

The four unobstructed knowledges (pratisamvids)

The eighteen special attributes (āveņikadharmas)

### Three meditative stabilizations (1)

Samādhi of the body (śūnyatāsamādhi, Pali: suññato samādhi)

Samādhi of signlessness (ānimittasamādhi, Pali:. animitto samādhi)

Samādhi of wishlessness (apranihitasamādhi, Pali: appanihito samādhi)

DN 33, SN 43.3

#### Four trances (dhyānas)

First dhyāna (prathamadhyāna, Pali paṭhama-jhāna)

Second dhyāna (dvitīyadhyāna, Pali dutiya-jhāna)

Third dhyāna (tṛtīyadhyāna, Pali tatiya-jhāna)

Fourth dhyāna (caturthadhyāna, Pali catuttha-jhāna)

### Four immeasurables (apramāṇas)

Loving-kindness (maitrī, Pali: mettā)

Compassion (karuṇā)

Empathetic joy (muditā)

Equanimity (upekṣā, Pali: upekkhā)

### Four formless absorptions (ārūpyasamāpattis)

First formless absorption: infinite space (ākāsānañcāyatana, Pali: ākāsānañcāyatana)

Second formless absorption: infinite consciousness (vijňānānantyāyatana, Pali: viňňāṇaňcāyatana)

Third formless absorption: nothingness (ākiṃcanyāyatana, Pali: ākiñcaññāyatana)

Fourth formless absorption: neither perception nor non-perception (naivasaṃjñānāsaṃjñāyatana, Pali: nevasaññānāsaññāyatana)

#### **Eight liberations (vimoksas)**

A being with form perceiving form

A being with no idea of internal visible forms perceiving external visible forms

Dwelling within a pleasurable absorption

Transcending the fourth dhyana

Transcending the first formless absorption

Transcending the second formless absorption

Transcending the third formless absorption

Transcending the fourth formless absorption (nirodha-samapatti)

DN 15; MN 77; AN 8.66, 8.120

### Eight spheres of mastery (abhibhvāyatanas)

Perceiving a small amount of external form with an idea of internal form

Perceiving an unlimited amount of external form with an idea of internal form

Perceiving a small amount of external form with no idea of internal form

Perceiving an unlimited amount of external form with no idea of internal form

Perceiving the color blue externally absent of the idea of form

Perceiving the color yellow externally absent of the idea of form

Perceiving the color red externally absent of the idea of form

Perceiving the color white externally absent of the idea of form

AN 10.29

#### Nine successive absorptions

First dhyāna

Second dhyāna

Third dhyāna

Fourth dhyāna

First formless absorption

Second formless absorption

Third formless absorption

Fourth formless absorption

Cessation of feelings and perception (nirodha-samapatti)

DN 33



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### Cheatography

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# Ten spheres of totality (kṛtsnāyatanas)

Totality of earth

Totality of water

Totality of fire

Totality of wind

Totality of blue

Totality of yellow

Totality of red

Totality of white

Uninterrupted sphere of space

Uninterrupted sphere of consciousness

AN 10.29

#### Ten concepts (samjñās)

impermanence (anityasamjñā)

suffering (duḥkhasamijnā)

non-self (anātmasamjñā)

the disgusting nature of food (āhāre pratikūlasamjñā)

distaste for the entire world (sarvaloke 'nabhiratisamjñā)

death (maraṇasaṃjñā)

impurity (aśucisamjñā)

abandonment (prahāņasamjñā)

detachment (virāgasamjñā)

cessation (nirodhasamijñā)

AN 10.56

### Eleven knowledges (jñānas) (cont)

the knowledge conforming to reality (yathabhūtajñāna)

## Three meditative stabilizations (samādhis) (2)

Samādhi with both conceptualization and analysis (savitarka savicāra samādhi, Pali savitakkasavicāro samādhi)

Samādhi with analysis only (avitarka vicāramātra samādhi, Pali avitakkavicāramatto)

Samādhi with neither conceptualization nor analysis (avitarka vicāra samādhi, Pali avitakkaavicāro)

DN 33, SN 43.4

# Nine horrible notions (aşubhasamjñās)

bloated corpse (vyādhmātakasaṃjñā)

torn-up corpse (vidhūtakasamjñā)

the bloody corpse (vilohitakasamjñā)

the rotting corpse (vipūyakasaṃjñā)

the corpse turning bluish (vinīlakasamjñā)

the devoured corpse (vikhāditakasaṃjñā)

the scattered corpse (vikṣiptakasaṃjñā)

the corpse reduced to bones (asthisamjñā)

the burned corpse (vidagdhakasamjñā)

#### Eleven knowledges (jñānas)

the knowledge of things (dharmajñāna)

subsequent knowledge (anvayajñāna)

the knowledge of another's mind (paracittajñāna)

conventional knowledge (saṃvṛtijñāna)

the knowledge of suffering (duḥkhajñāna)

the knowledge of the origin of suffering (samudayajñāna)

the knowledge of the cessation of suffering (nirodhajñāna)

the knowledge of the path of the cessation of suffering (mārgajñāna)

the knowledge of the cessation of the impurities (kṣayajñāna)

the knowledge of the non-rearising of the impurities (anutpādajñāna)

#### Three faculties (indriyas)

The faculty signifying "I will understand [the holy truths] which I do not yet understand" (anājñātamāsyāmīdriya Pali anaññātaññassāmītindriyaṃ)

The faculty of understanding assuring the understanding of these truths (ājñendriya Pali aññindriyam)

The faculty belonging to the saint who has understood the truths (ājñātāvīndriya, Pali aññātāvindriyam)

DN 33, SN 48.23



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