



Nakdhamma Elementary Level

Course Title: Dhamma

Lecture #3: Dhamma Group 3/2

By Ven.Narongchai Thanajayo

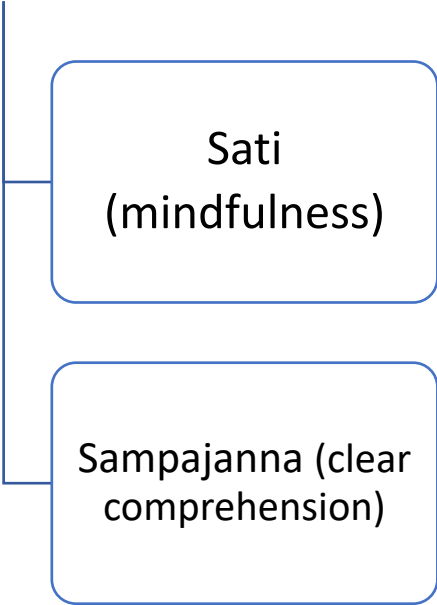
Date: Sunday 11 February 2024

Time: 2.40 - 4.10 pm

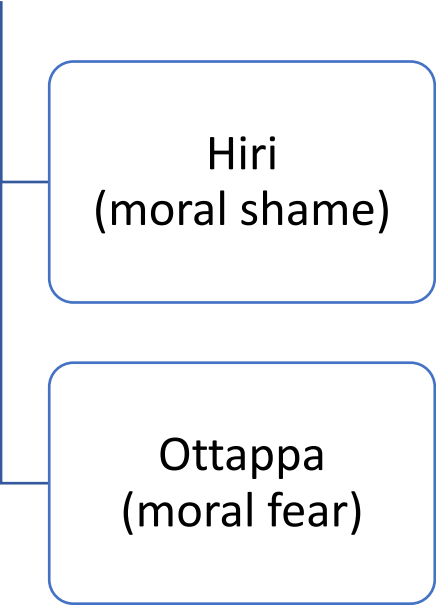


Let's meditate

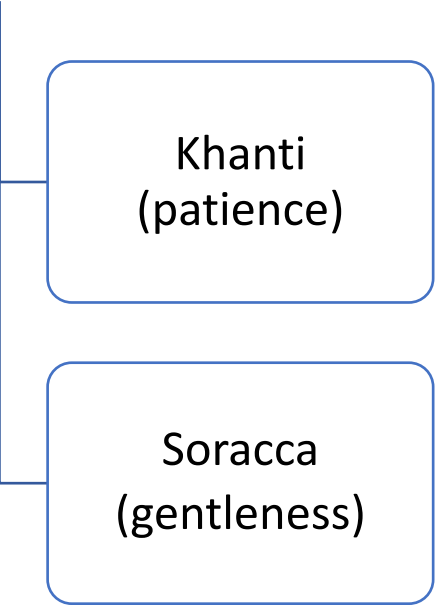
Virtues of Great Assistance



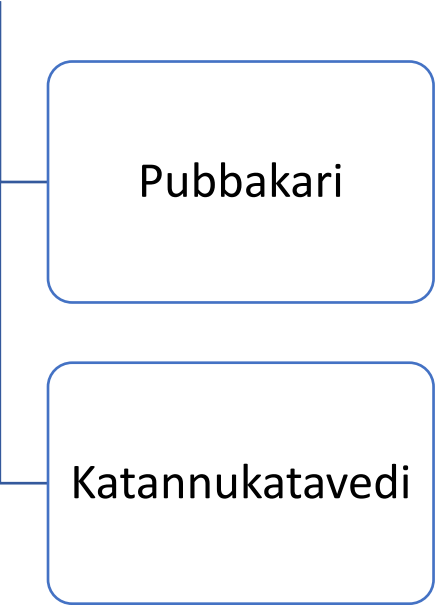
Virtues that Protect the world

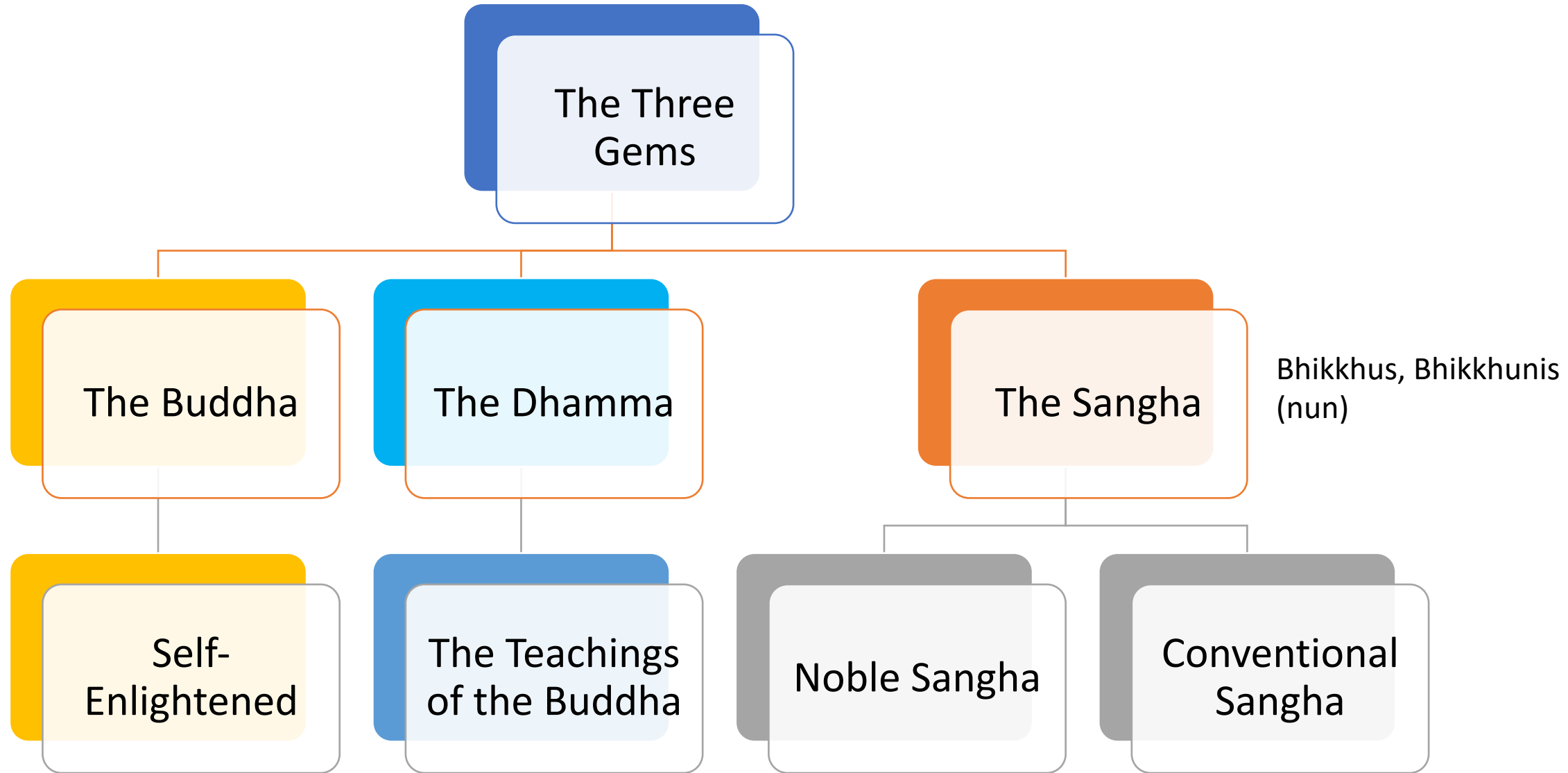


Graceful Dhammas



The Rare Persons

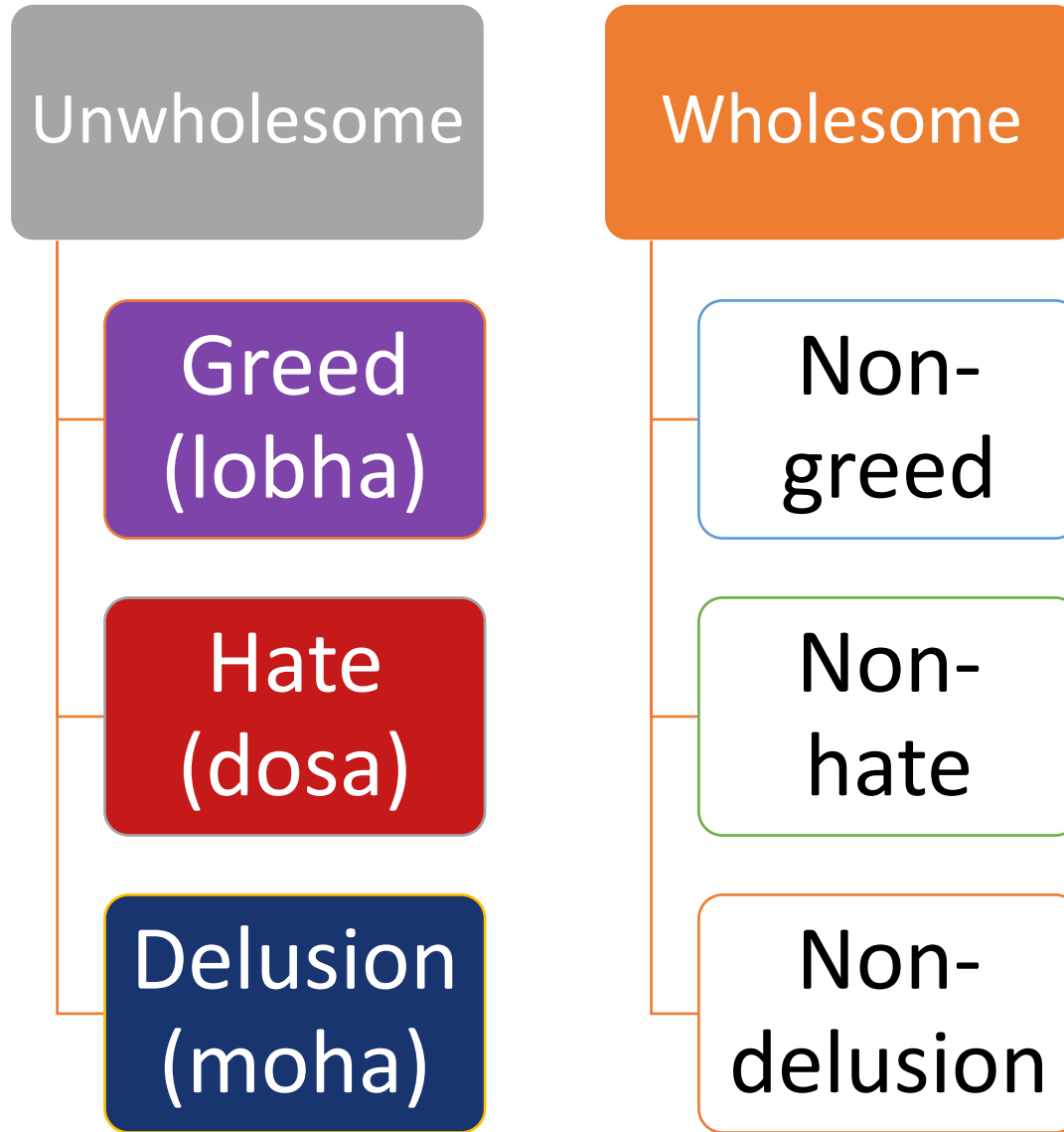




Action	Unwholesome (Akusalakamma)	Wholesome (Kusalakamma)
Body (kaya-kamma)	<ol style="list-style-type: none"> 1. Killing 2. Stealing 3. Sexual misconduct 	<ol style="list-style-type: none"> 1. Abstaining from killing 2. Abstaining from stealing 3. Abstaining from sexual misconduct
Speech (vaci-kamma)	<ol style="list-style-type: none"> 1. False speech 2. Slanderous speech 3. Divisive speech 4. Frivolous speech 	<ol style="list-style-type: none"> 1. Abstaining from false speech 2. Abstaining from slanderous speech 3. Abstaining from divisive speech 4. Abstaining from frivolous speech
Mind (mano-kamma)	<ol style="list-style-type: none"> 1. Covetousness (abhijjha) 2. Ill-will (Byapada) 3. Wrong view (Micchaditthi) 	<ol style="list-style-type: none"> 1. Non-Covetousness (non-greed) 2. Non-Ill-will (non-hatred) 3. Right view (non-delusion)

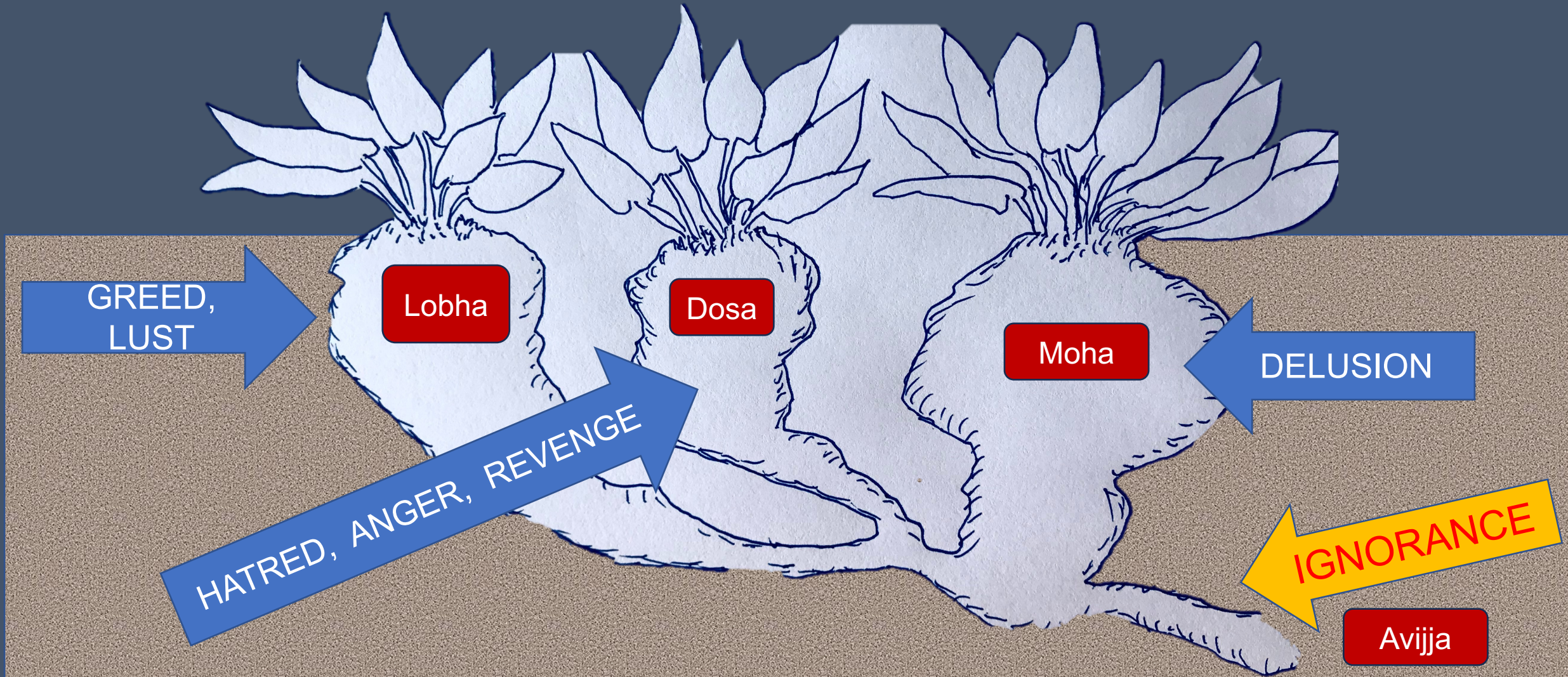
The Roots of Unwholesome

Kilesas
(mental impurities)

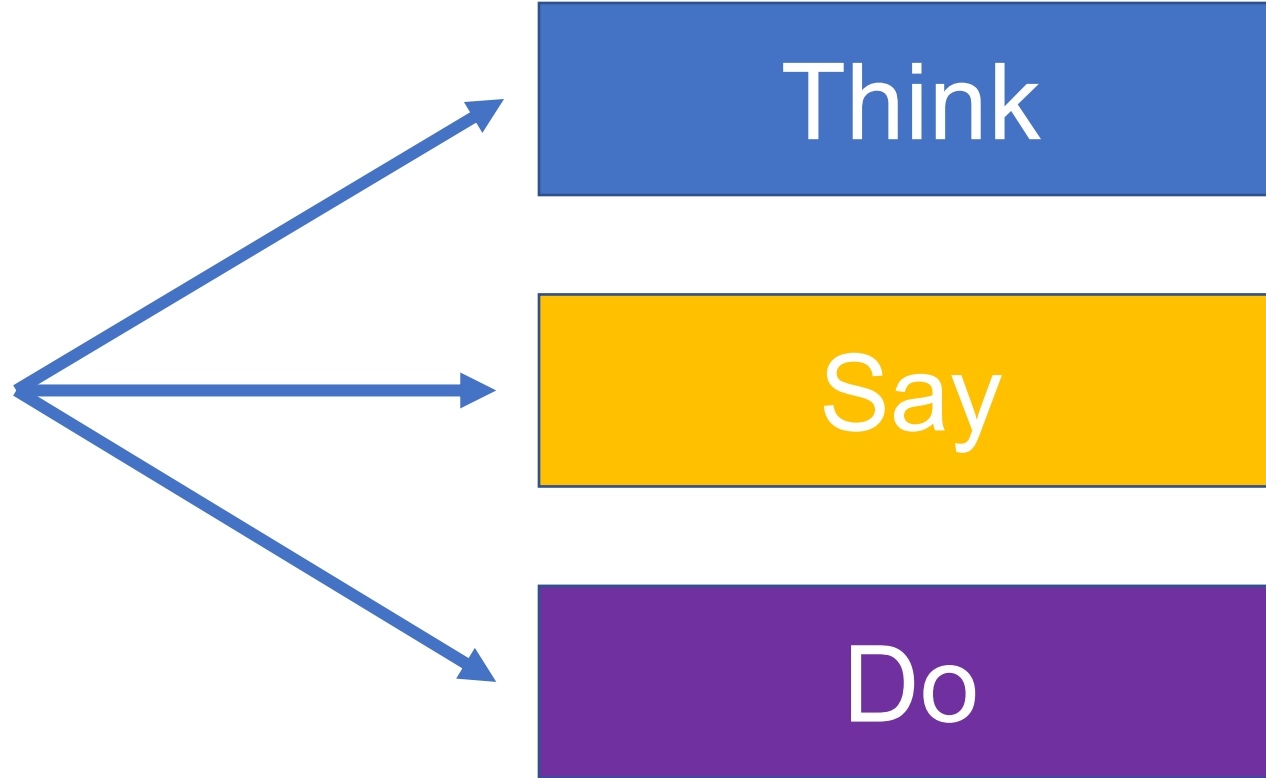


(Sammaditthi Sutta, MN 9)

Deep roots of a poison tree



Kamma (Actions): Wholesome v.s. Unwholesome





Dhamma
Groups of 3/2

01

The Merit Concept (*Puñña*)

02

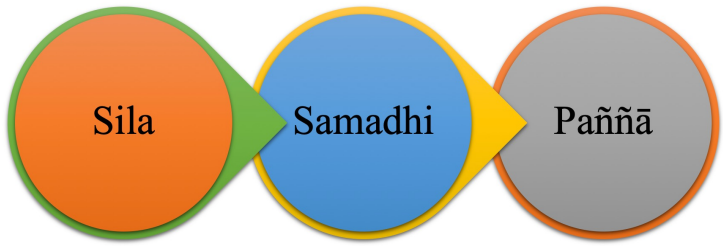
The Demerit Concept (*Pāpa*)

03

3 Bases of Merit-making Action

Merit: What-Why-How



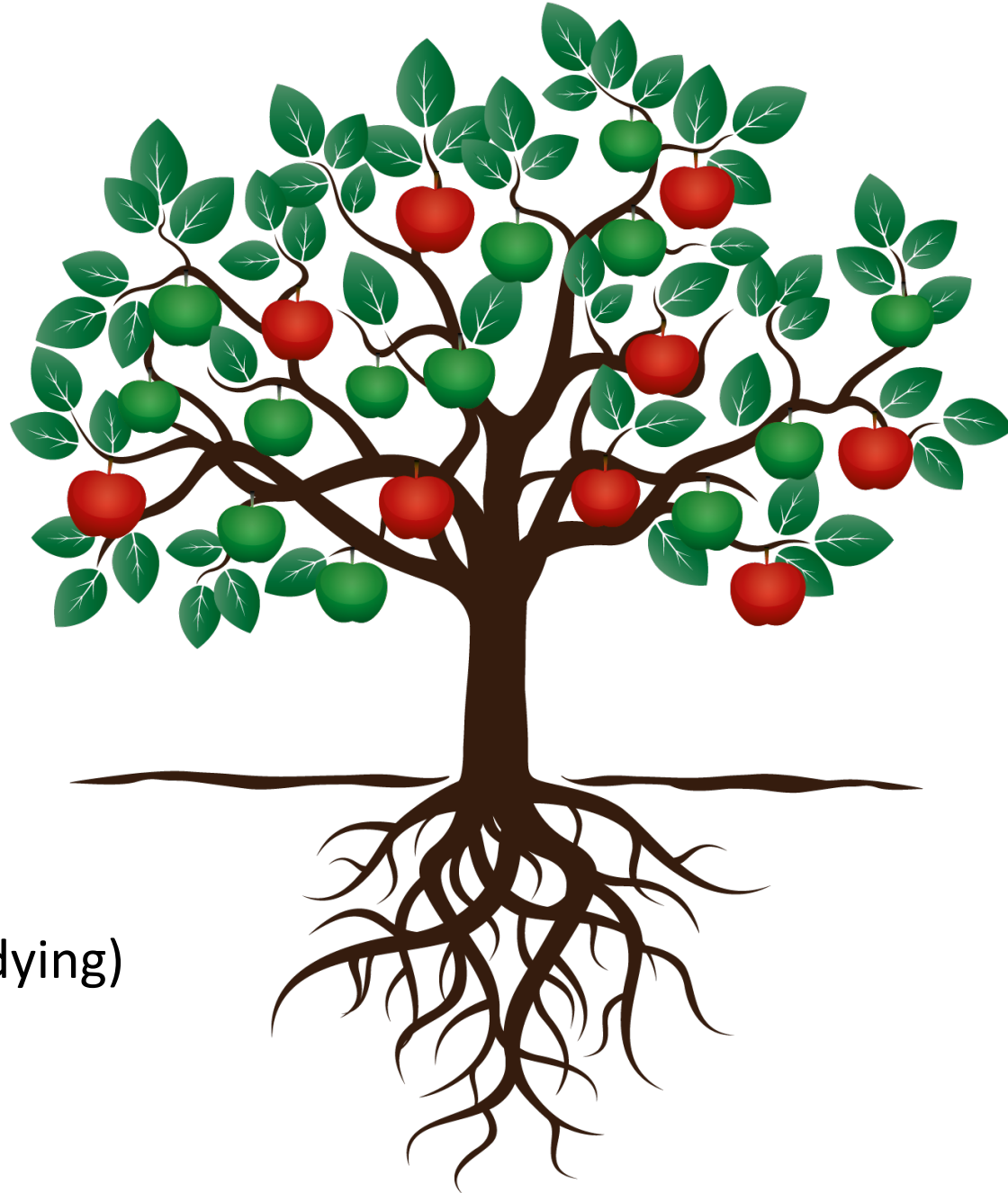


1. Understanding
2. Practice
3. Realisation

Give up evil,
Do good,
Purify one's mind

Levels of Dhamma

Patipatti (practicing)



Pativedha (realizing)

Pariyatti (studying)

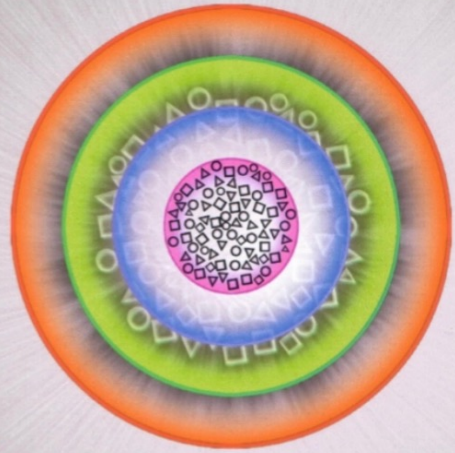
- (1) Greed
- (2) Hatred
- (3) Delusion

Mind



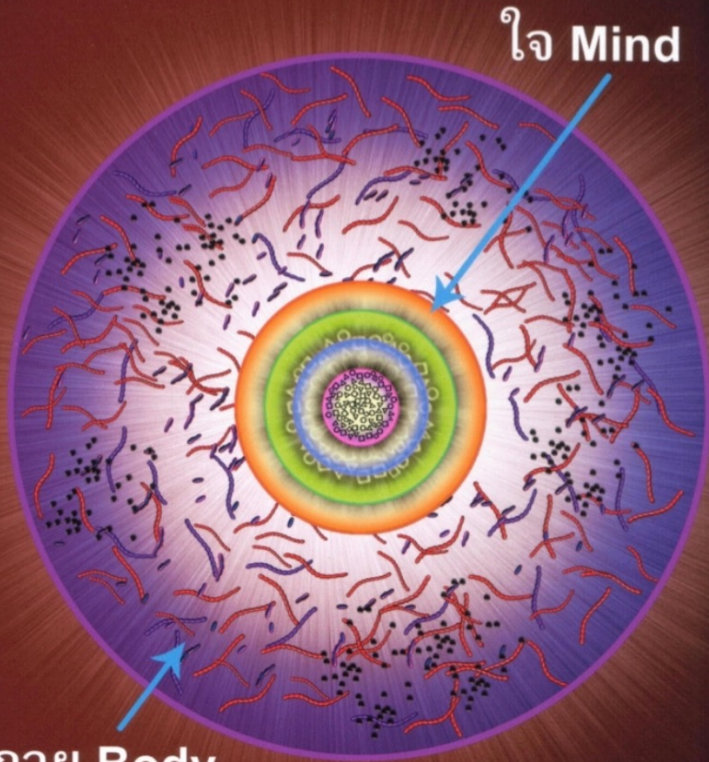
Body

- (1) Cold
- (2) heat
- (3) hunger
- (4) thirst
- (5) urination
- (6) defecation



- โลภะ Greed
- △ โทสะ Hatred
- โมหะ Delusion

กิเลสฝังอยู่ในใจ
Defilements exit only in the mind



กาย Body

กิเลสฝังอยู่ในใจเช่นเชื้อโรคฝังอยู่ในกาย
Some Diseases exit the Body which
Defilements exit only in the Mind

ใจคุ้นกับกิเลสเช่นปลาคุ้นน้ำ



○ โลภะ (Greed) △ โทสะ (Hatred) □ โมหะ (Delusion)

Mind is accustomed to Defilements,
as fish is accustomed to water





“This mind is radiant.
But it’s corrupted by
passing corruptions.”



The mind is **luminous**, and it can be free from **passing defilements**. The wise person understands this as it really is; therefore, for him, there is a mental development.

The Merit Concept (*Puñña*)



Cleansing factor



Yield happiness



Pure Energy

Puñña

(Merit)



Brightness

Good deeds

Wholesomeness

virtue

Purity

Goodness

Moral acts

Happiness

Cleansing

Righteousness



“

Monks, don't fear *Puñña* (good deeds). For '*Puñña*' is a term for happiness, for what is likable, desirable, and agreeable.

”

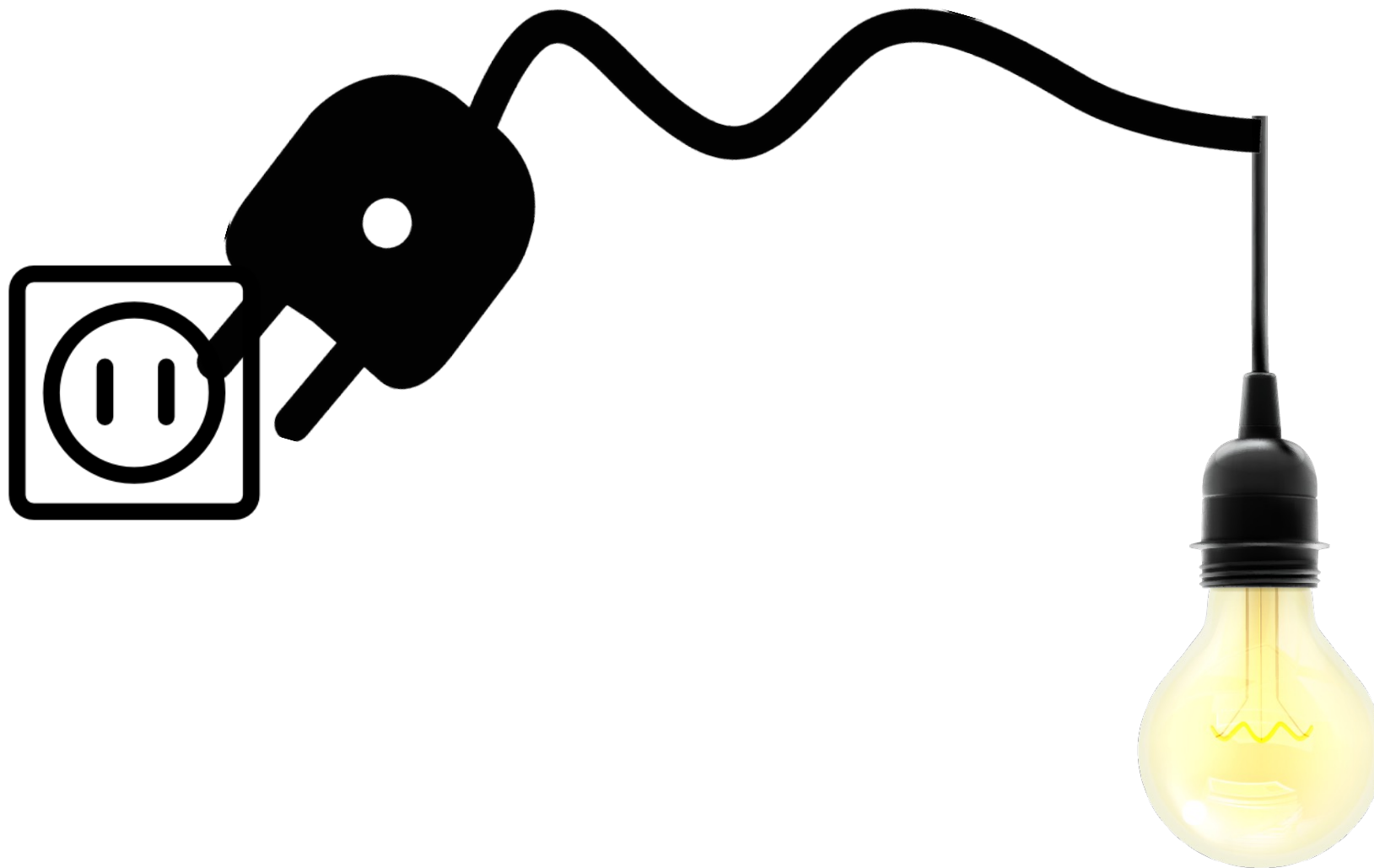


“

One should practice only good deeds, whose happy outcome stretches ahead. Giving and moral conduct, developing a mind of love.

”

How do we measure merit?



The Demerit Concept (*Pāpa*)



Dirtiness



Yield Suffering

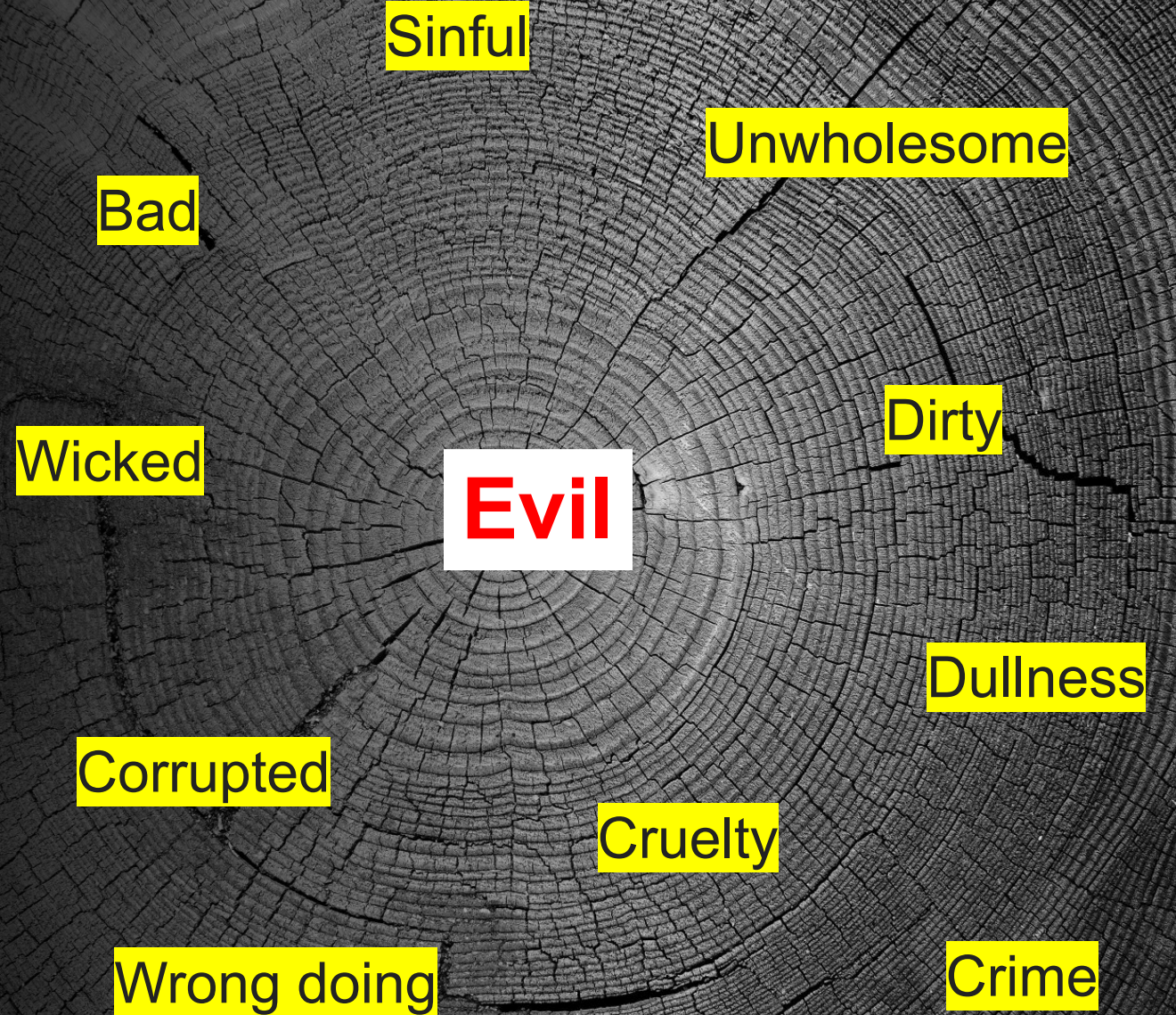


Impure Energy



Pāpa

Demerit





Cambridge Dictionary

Sin

The offence of breaking, or the breaking of, a religious or moral law



Confession

An occasion when a Christian tells God or, especially in the Roman Catholic Church, tells a priest formally and privately, what they have done wrong so that they can be forgiven.



Can sin be removed?

“Bāhukā and Adhikakkā,
Gayā and Sundarikā too,
Payāga and Sarassatī,
And the stream Bahumatī-
A fool may there forever bathe
Yet will not purify dark deeds.
What can the Sundarikā do?
What the Payāga? What the Bāhukā?
They can’t cleanse a cruel and criminal
person from their bad deeds.

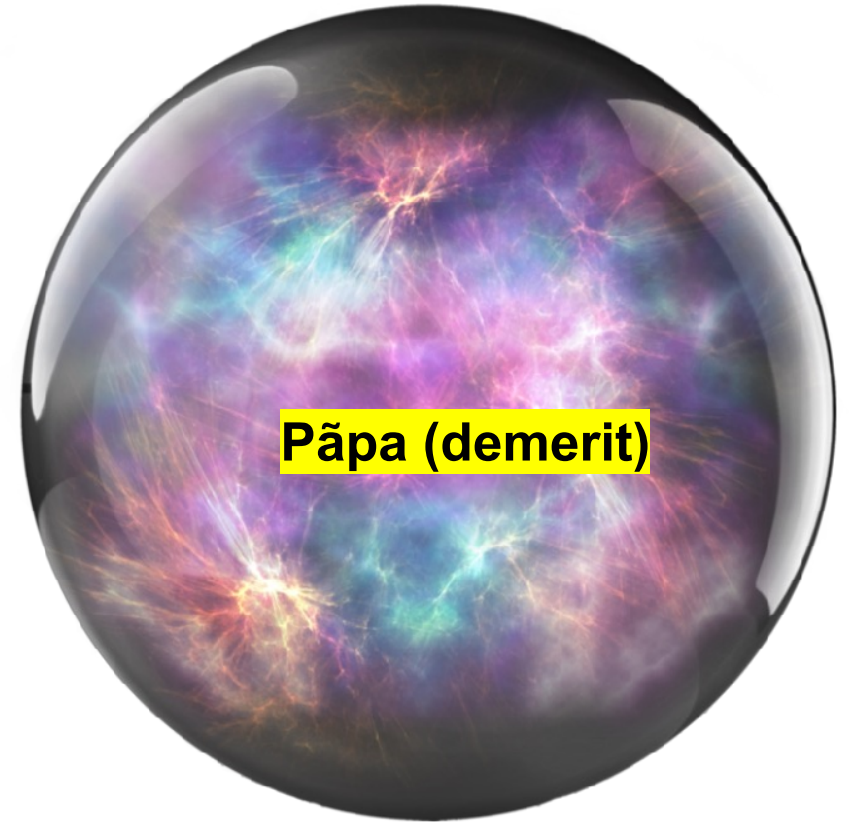
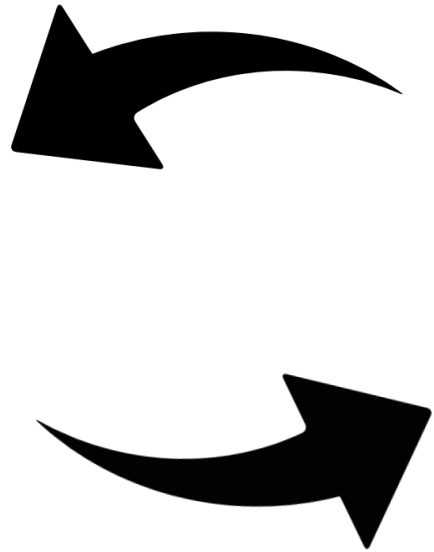


And if you speak no lies, nor harm any living creature, nor steal anything not given, and you're faithful and not stingy: what's the point of going to Gayā? For any well may be your Gayā!"



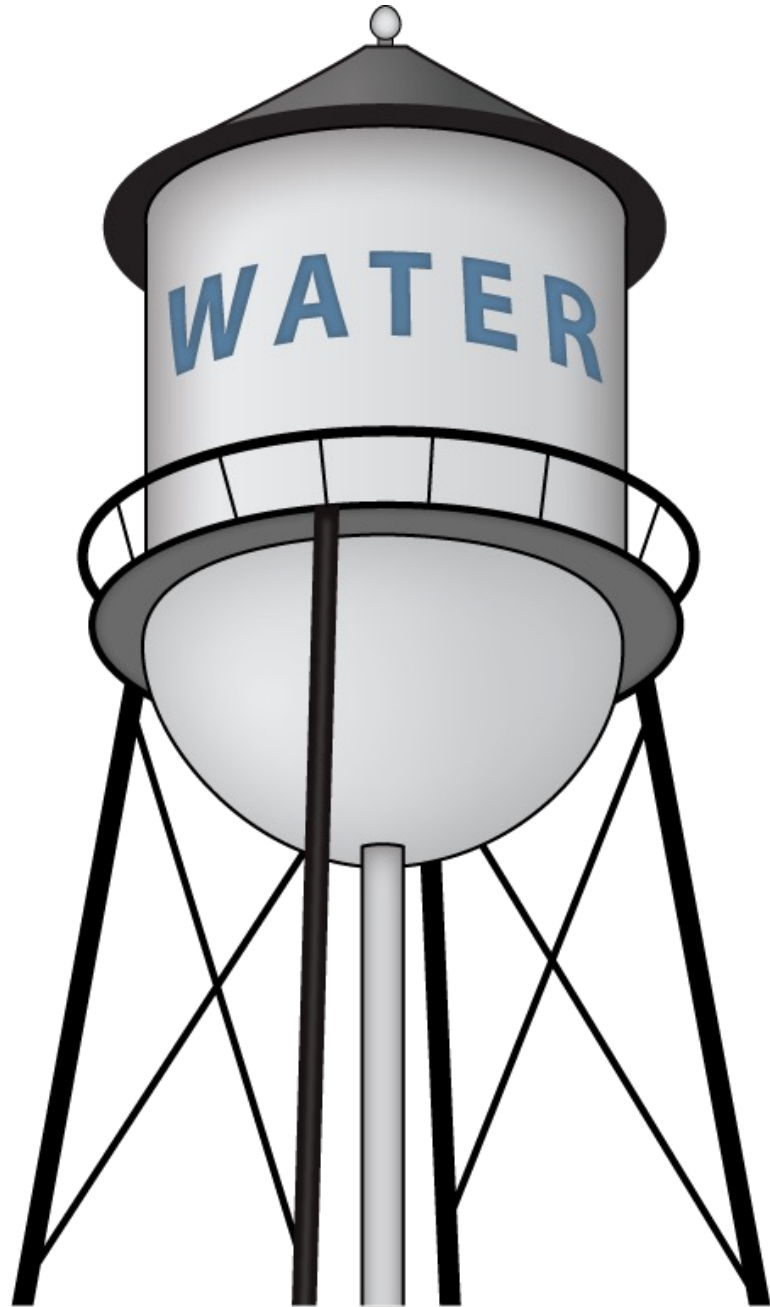
Puñña (merit)

Purity



Pāpa (demerit)

Impurity



Kamma (Actions): Wholesome v.s. Unwholesome



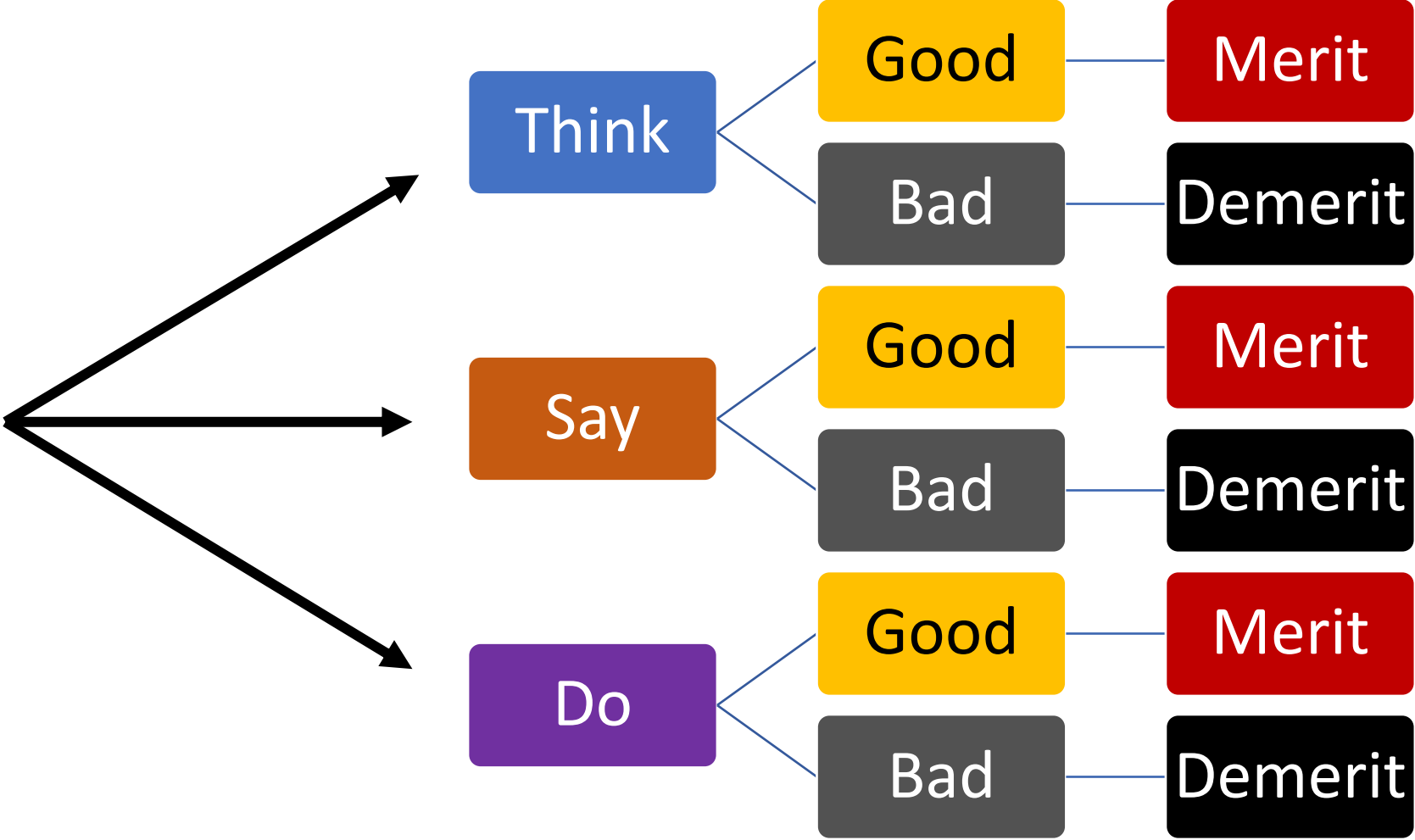
Think

Say

Do



Actions & Consequences



Merit = Puñña

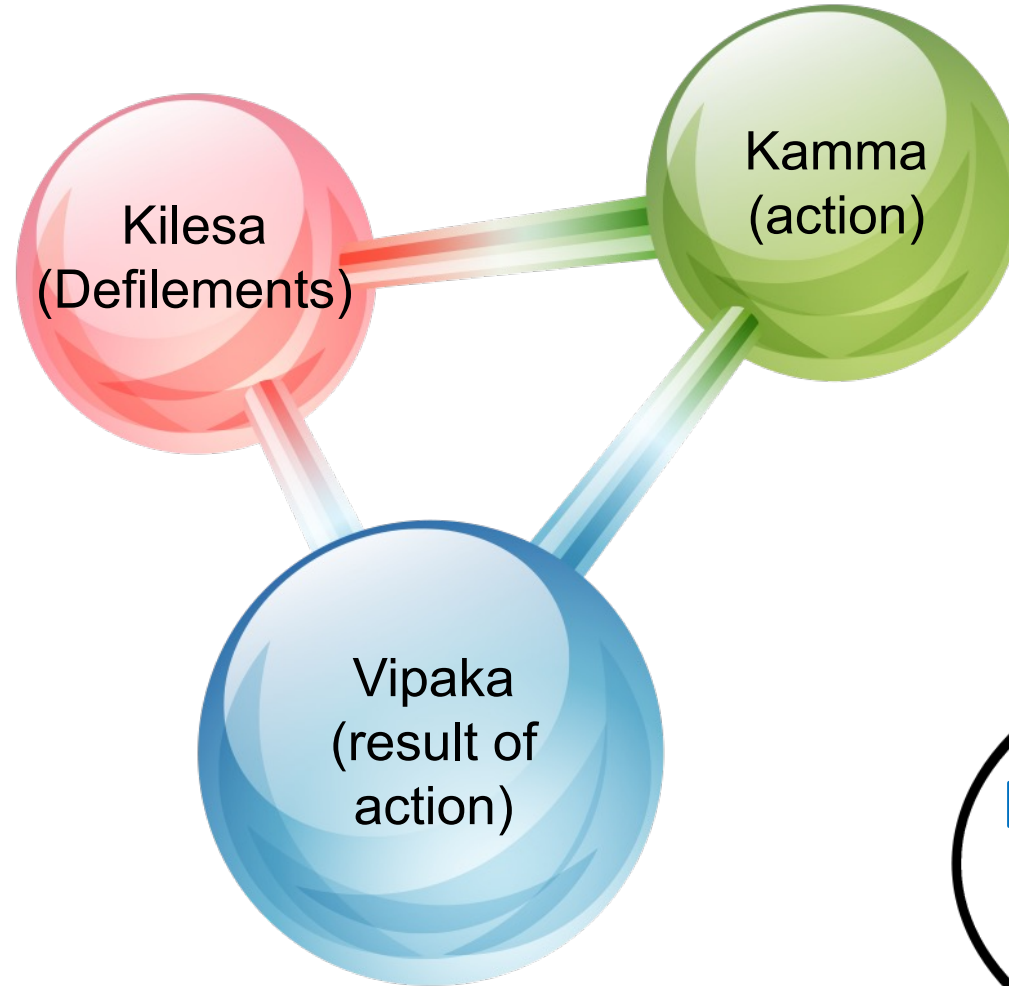
Demerit = Pāpa



Why making merit is
essential?

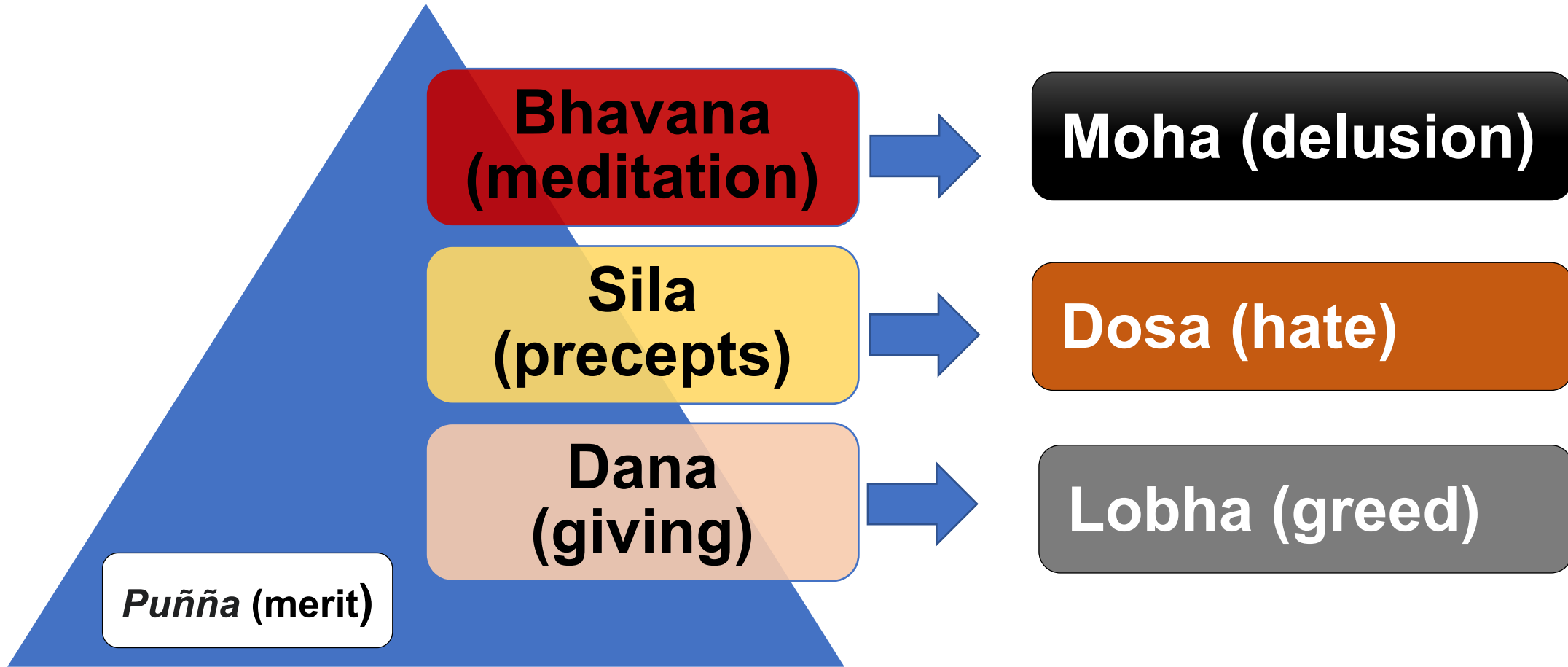
Vicious Cycle

Greed
Hate
Delusion



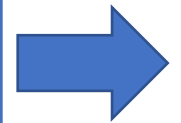
Do good, get good.
Do bad, get bad.

3 Bases of Merit-Action



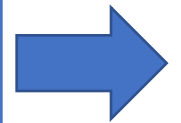
Puñña (merit)

**Bhavana
(meditation)**



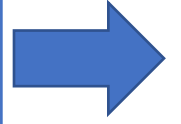
Moha (delusion)

**Sila
(precepts)**



Dosa (hate)

**Dana
(giving)**



Lobha (greed)

How can one accumulate merit (Puñña)?



Bases of Meritorious Action (Puñña kiriyavatthu)

Puñña (merit)

Kiriya (action, make)

Vatthu (procedure)

Ways of making merit

1. Giving (*Dāna-maya*)
2. Virtue (*Sīla-maya*)
3. Mind development (*Bhāvanā-maya*)
4. Honoring others (*Apacāyana-maya*)
5. Offering service (*Veyyāvaca-maya*)
6. Dedicating (or transferring) merit to others (*Pattidāna-maya*)
7. Rejoicing in others' merit (*Pattānumodanā-maya*)
8. Listening to Dhamma (*Dhammassavana-maya*)
9. Instructing others in the Dhamma (*Dhammadesanā-maya*)
10. Straightening one's own views in accordance with the Buddha's Teachings (*Diṭṭhujukamma*)

Giving (*Dāna-maya*)
Offering service (*Veyyāvaca-maya*)
Instructing others in the Dhamma (*Dhammadesanā-maya*)
Dedicating merit to others (*Pattidāna-maya*)

**Dāna
(Giving)**

Virtue (*Sīla-maya*)
Honoring others (*Apacāyana-maya*)
Rejoicing in others' merit (*Pattānumodanā-maya*)

**Sīla
(precepts)**

Mind development (*Bhāvanā-maya*)
Listening to Dhamma (*Dhammassavana-maya*)
Straightening one's own views in accordance with
the Buddha's Teachings (*Diṭṭhujukamma*)

Bhāvanā

Types of Dāna (Giving)



Giving

Material gifts
(amisa dana)

Gift of
Forgiveness
(abhaya dana)

Gift of Teaching
Dhamma
(Dhamma dana)

Sīla (precepts)

1. Refraining from killing
2. Refraining from stealing
3. Refraining from sexual misconduct
4. Refraining from false speech
5. Refraining from intoxicating drinks and drugs



Bhāvanā (Meditation)

Nibbana



Which act of merit is most difficult to do?

**Bhavana
(Meditation)**

**Sīla
(Precepts)**

***Dāna*
(Giving)**

Vocaburary

<i>Puñña</i>	Merit, Goodness, Wholesome
<i>Pāpa</i>	Demerit, Evil, Unwholesome
<i>Sīla</i>	Precept, Virtue
<i>Dāna</i>	Giving
<i>Bhāvanā</i>	Mind development
<i>Kilesa</i>	Defilements
<i>Kamma</i>	Action



**“Wisdom is
the light in
the world”**



Rejoice in
your merit