

Nakdhamma Elementary Level



Dhamma Group 4/2

Ven.Narongchai Thanajayo

Sunday 3 Mar 2024



Nakdhamma Elementary Level

Course Title: Dhamma

Lecture #6: Dhamma Group 4/2

By Ven.Narongchai Thanajayo

Date: Sunday 3 March 2024

Time: 2.40 - 4.10 pm



Let's meditate

Which Dhamma does Not support growth of wisdom?

- a) Find good teacher
- b) Practice in line with the teachings
- c) Reflect on the teachings
- d) Fully submit to the teacher
- e) Prejudice




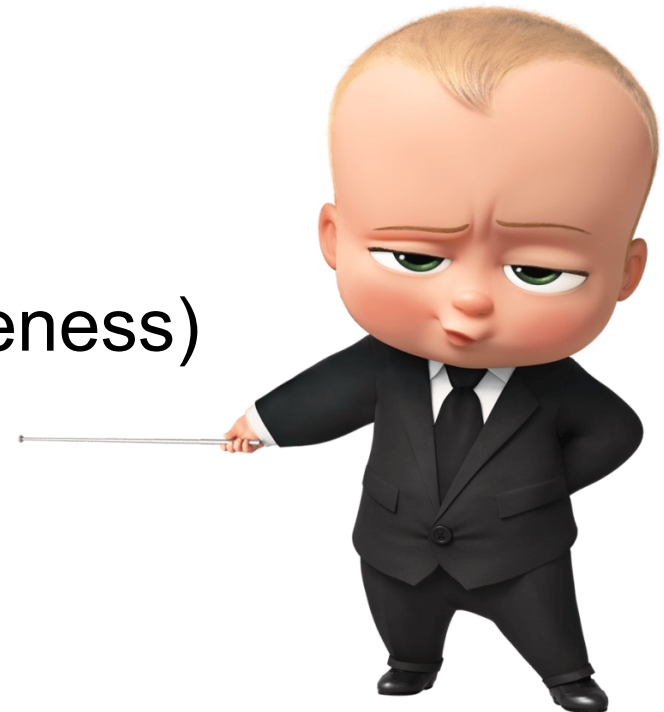
Which one is NOT the cause of Prejudice (agati)?

- a) Fear
- b) Love
- c) Anger
- d) Foolishness
- e) Not observing five precepts



Which group of Dhamma protects one's credibility?

- a) Vuddhi Dhamma (the 4 growth factors)
- b) Cakka (the 4 virtues lead to prosperity)
-  c) Agati (the 4 prejudices)
- d) Sati (mindfulness) and Sampajanna (awareness)
- e) Generosity



- Find good teachers
- Listen to the teachings
- Reflect on the teachings
- Put into practice

Vuddhi
(4 growth factors)

Cakka (4 virtues lead to prosperity)

- Associate with good people
- Living in suitable place
- Setting in the right course
- Having formerly done good deeds



- Caused by love
- Caused by hatred
- Caused by delusion
- Caused by fear

Agati (4 prejudices)



Dhamma
Groups of 4/2

- 01 **Heedfulness (appamāda)**
- 02 **Right Effort (padhāna)**
- 03 **Virtues which should be established in the mind (*Adhiṭṭhānadhamma*)**



Appamāda

Vigilance; earnestness,
heedfulness



“

*Heedfulness (appamada)
is the Deathless path,
heedlessness (pamada),
the path to death.*

*Those who are heedful
do not die, heedless
are like the dead.*

”

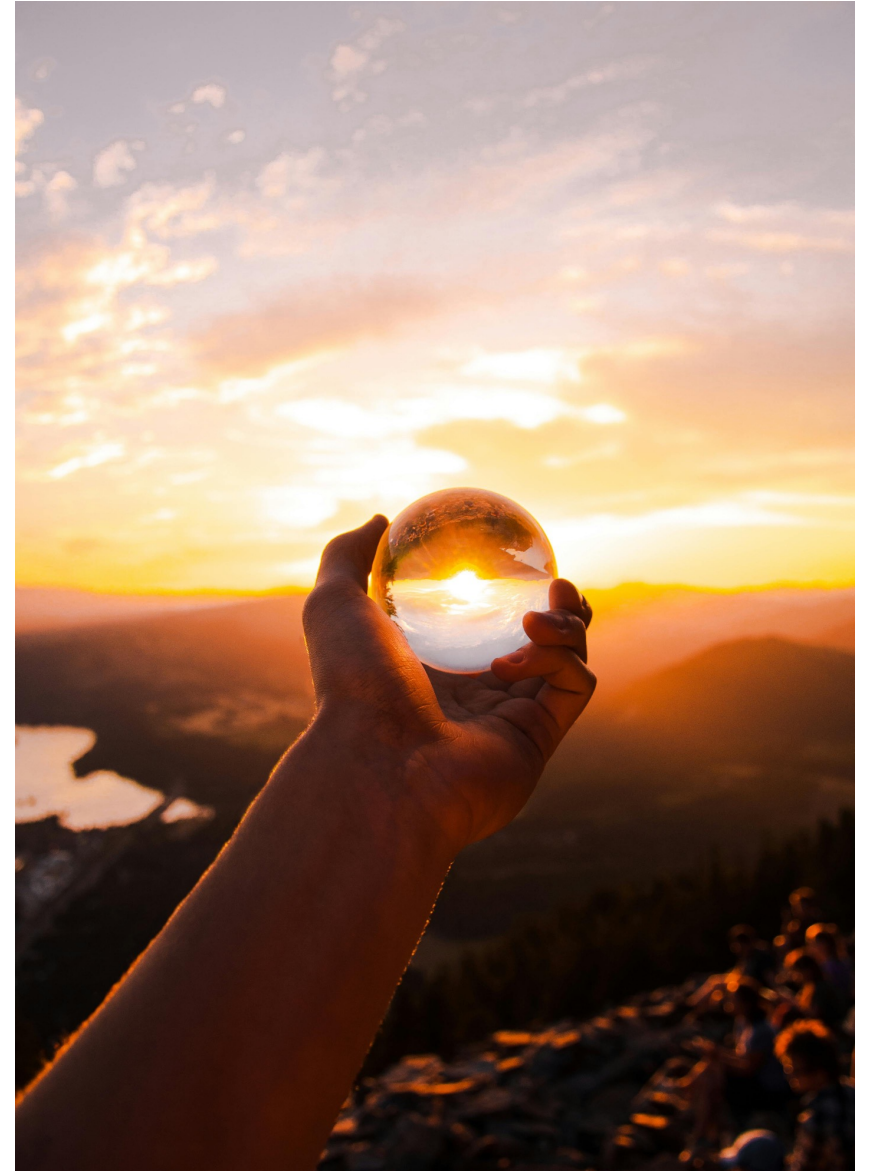
“Bhikkhus, you should apply **appamāda** (heedfulness) in four areas:
Abandon unwholesome actions. Cultivate good actions. Neglect
neither. Abandon unwholesome speech. Cultivate good speech.
Neglect neither. Abandon unwholesome thoughts. Cultivate good
thoughts. Neglect neither. Abandon wrong views. Cultivate Right
View. Neglect neither. When a bhikkhu has abandoned
unwholesome actions, cultivate good actions...abandon wrong views
and cultivate Right View, he will feel no apprehension or fear
regarding his coming death.

The Four Heedfulness (appamāda)

Things to give up	Things to cultivate
Give up unwholesome bodily action	Cultivate wholesome bodily action
Give up unwholesome verbal action	Cultivate wholesome verbal action
Give up unwholesome mental action	Cultivate wholesome mental action
Give up wrong view	Cultivate right view

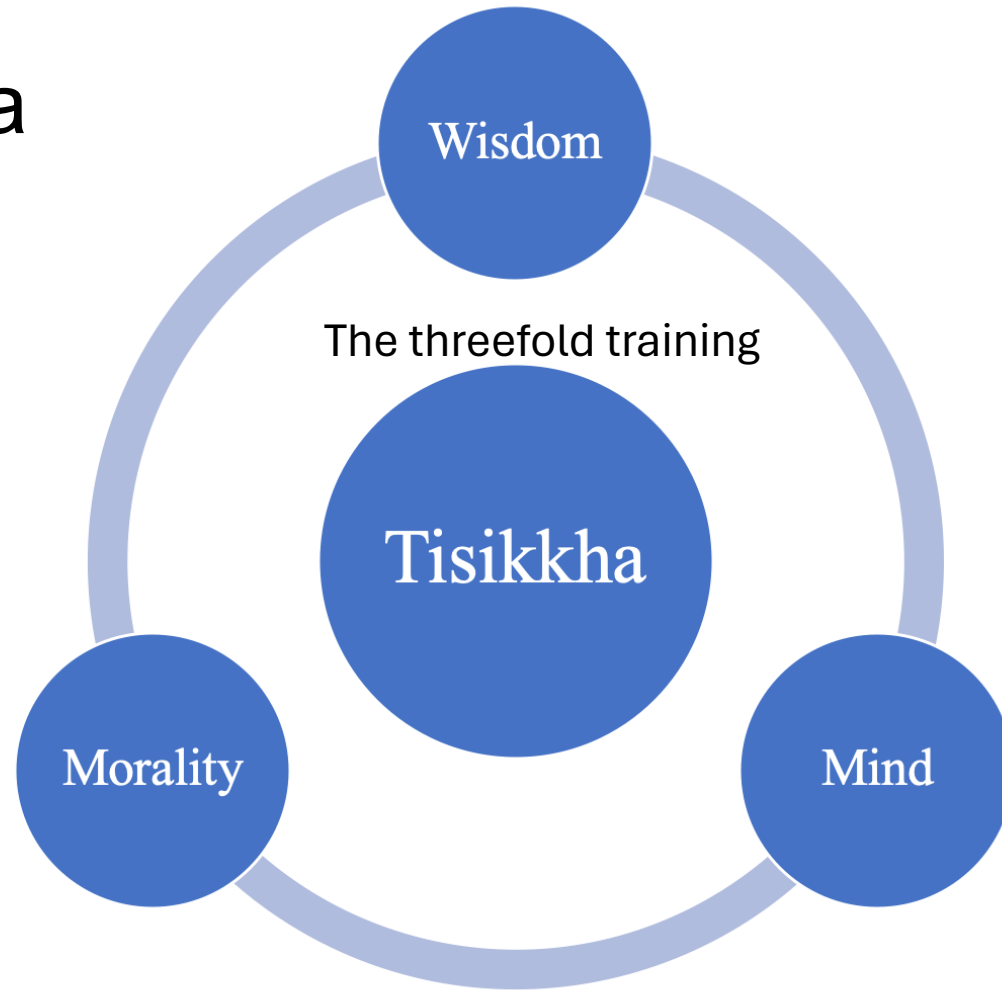
*“if you can only control your mind,
you will have nothing more to
control; so guard your own mind.”*

Dh 36



Yoniso-manasikara (skillful reflection)

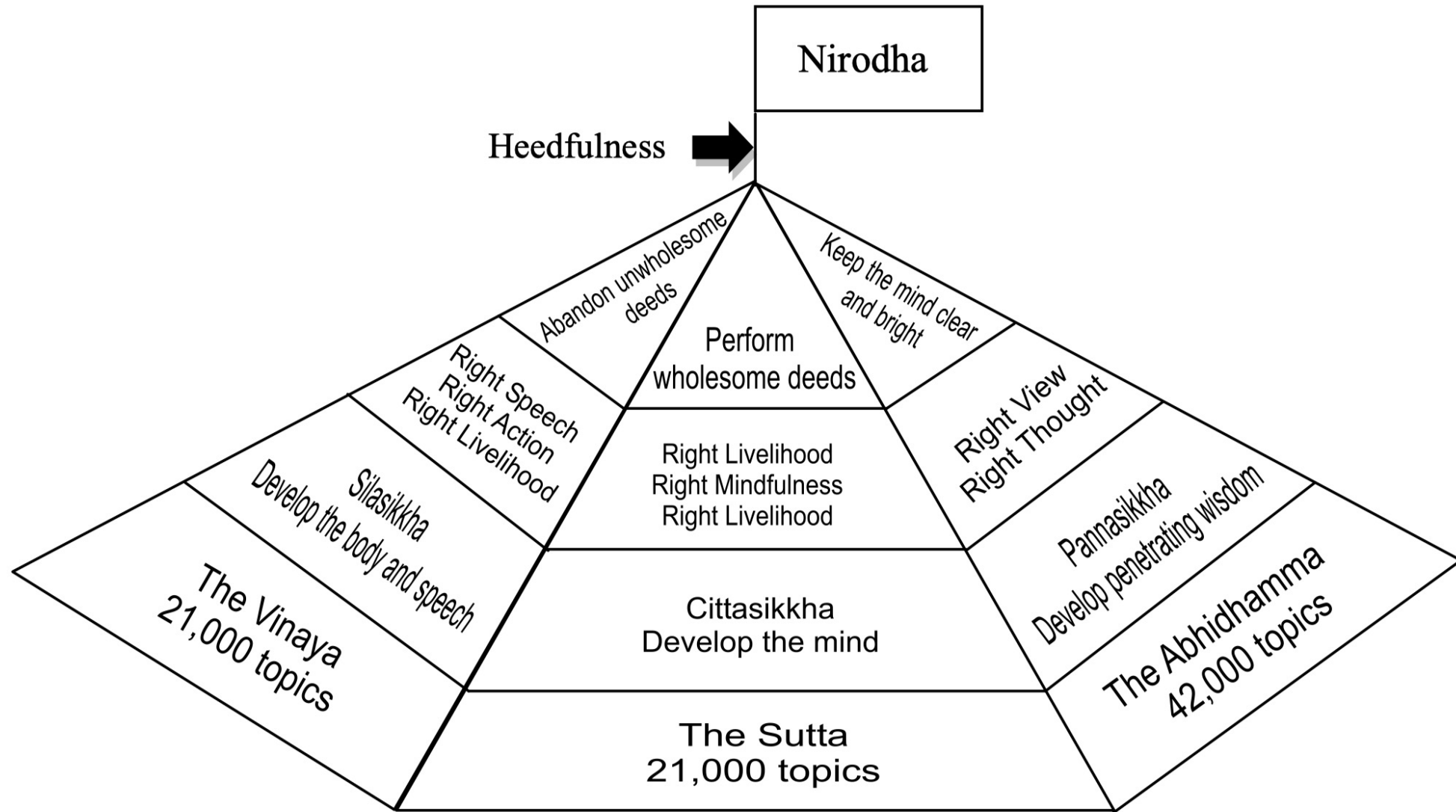
Yoniso-manasikra is a member of the Pa Section; it is a tool to be used



Appamāda (Heedfulness)

(internal factor)

Appamda, on the other hand, is a member of the Samdhi Section; it is that which governs the use of the tool of yoniso-manasikra





Padhāna :

chief; foremost. exertion;
effort; striving.

Padhana: Four kinds of effort

Restraint and giving up, development and preservation: these are the four efforts taught by the kinsman of the Sun. Any bhikkhu who keenly applies these may attain the ending of suffering.”

“Bhikkhus, there are these four efforts. What four? The efforts to restrain, to give up, to develop, and to preserve.

And what, Bhikkhus, is the effort to restrain? It’s when you generate enthusiasm, try, make an effort, exert the mind, and strive so that bad, unskillful qualities don’t arise. This is called the effort to restrain.

And what, Bhikkhus, is the effort to give up? It’s when you generate enthusiasm, try, make an effort, exert the mind, and strive so that bad, unskillful qualities are given up. This is called the effort to give up.

And what, Bhikkhus, is the effort to develop? It’s when you generate enthusiasm, try, make an effort, exert the mind, and strive so that skillful qualities arise. This is called the effort to develop.

And what, Bhikkhus, is the effort to preserve? It’s when you generate enthusiasm, try, make an effort, exert the mind, and strive so that skillful qualities that have arisen remain, are not lost, but increase, mature, and are fulfilled by development. This is called the effort to preserve.

Padhana: Four kinds of effort

1

Samvara Padhana: to prevent evil from arising

2

Pahana Padhana: to abandon the arisen evil

3

Bhavana Padhana: to develop wholesome qualities

4

Anurakkhana Padhana: to maintain wholesome qualities

Eightfold Path

Threefold Training

Right View Right Intention	Paññā (Wisdom)
Right Speech Right Action Right Livelihood	Sīla (Moral Conduct)
Right Effort Right Mindfulness Right Concentration	Samadhi (Concentration)

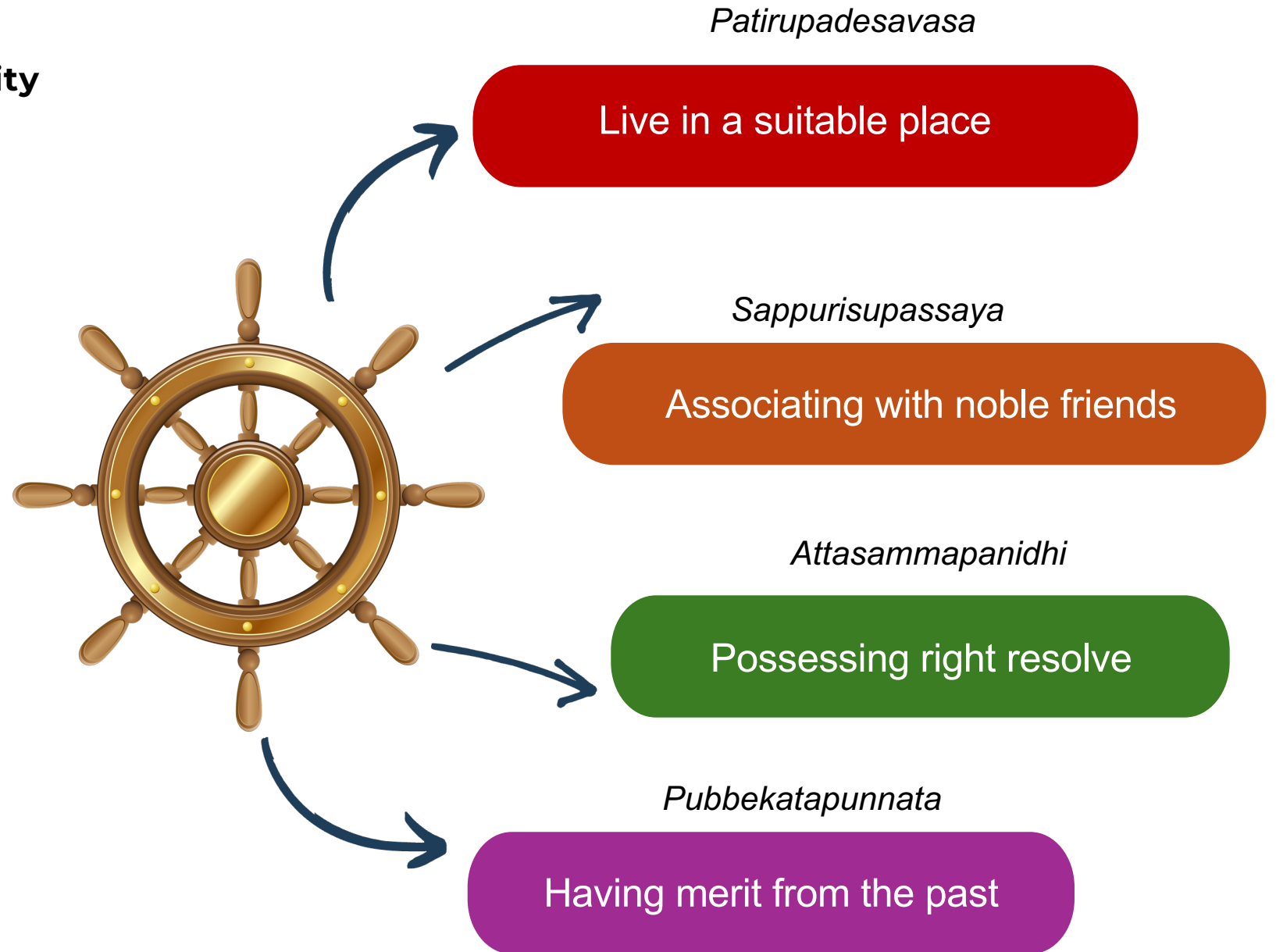
Right Effort (*sammā-vayama*)

1. To prevent the arising of unarisen unwholesome state;
2. To abandon unwholesome states that have already arisen
3. To arouse wholesome states that have not yet arisen;
4. To maintain and perfect wholesome states already arisen.



Cakka Dhamma

Virtues wheeling one to prosperity





Adhiṭṭhāna

foundation, decision, resolution,
self-determination, resolute
determination

Adhiṭṭhānadhamma

Bhikkhu, this person has four foundations.’ So it was said. And with reference to what was this said? There are the foundation of wisdom, the foundation of truth, the foundation of relinquishment, and the foundation of peace.

Adhiṭṭhānadhamma

Virtues which should be established in the mind

1

Pañña (wisdom): to know what should be known

2

Sacca (truthfulness): to get the effect of what has been done, indeed.

3

Cāga (relinquishment): to renounce what is the enemy of mind

4

Upasama (tranquility): to keep in the quiet of mind

Levels of wisdom

- **Elementary**: skillfully teach oneself out of problem

- **Intermediate**: understanding true nature of things
- **Advanced**: Destroy mental defilements



Adhiṭṭhānadhamma

Virtues which create the success in life

1 Not to neglect wisdom (Pañña)

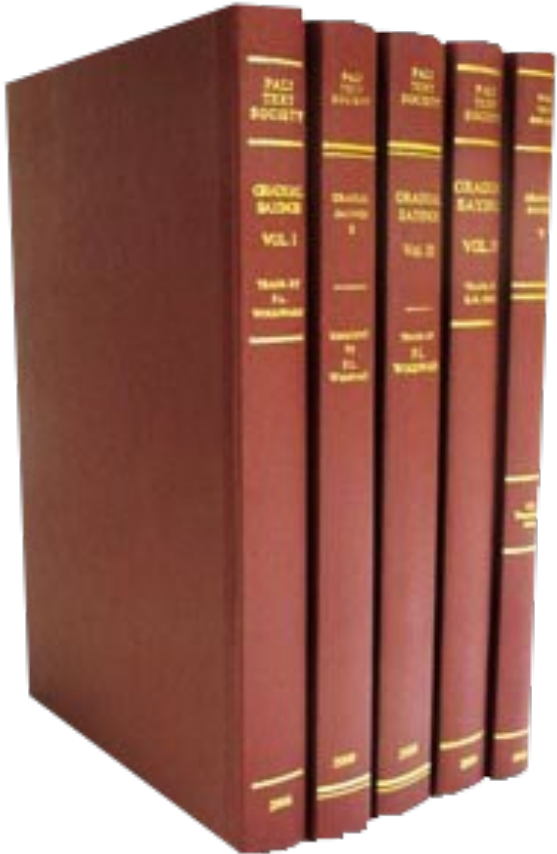
2 To safeguard truthfulness (Sacca)

3 To foster relinquishment (Cāga)

4 To train oneself in tranquility (Upasama)



Recommended Suttas



- Appamada Sutta, AN 4.116
- Padhana Sutta, AN4.69
- Dhatuvibhang Sutta, MN 140



Rejoice in
your merit