

Nakdhamma Elementary Level



Dhamma Group 5/1

Ven.Narongchai Thanajayo

Sunday 24 March 2024



Nakdhamma Elementary Level

Course Title: Dhamma

Lecture # 9: Dhamma Group 5/1

By Ven.Narongchai Thanajayo


Date: Sunday 24 March 2024

Time: 2.40 - 4.10 pm




Let's meditate

Last week lessons

- 01 Four Foundations of Mindfulness (Satippatthanana)
 - 02 Four Meditations of the elements (Dhatukammatthana)
 - 03 Four Noble Truths (Ariyasacca)
- 

What is Satipatthana in Buddhism?

- a) The Four Noble Truths
- b) The Five Precepts
-  c) The Four Foundations of Mindfulness
- d) The Eightfold Path

What is Dhatukammatthana in Buddhism?



- a) Contemplation of the elements
- b) Observing the mind's objects
- c) Reflecting on the Four Noble Truths
- d) Chanting mantras and prayers

What is the cause of suffering according to the Second Noble Truth?



- a) Desire and attachment (Tanha)
- b) Compassion and generosity
- c) Ignorance and delusion
- d) Rebirth and kamma

According to Buddhist teachings, what is the cause of suffering?


- a) Attachment
- b) Lack of material possessions
- c) Desire for liberation
- d) Ignorance

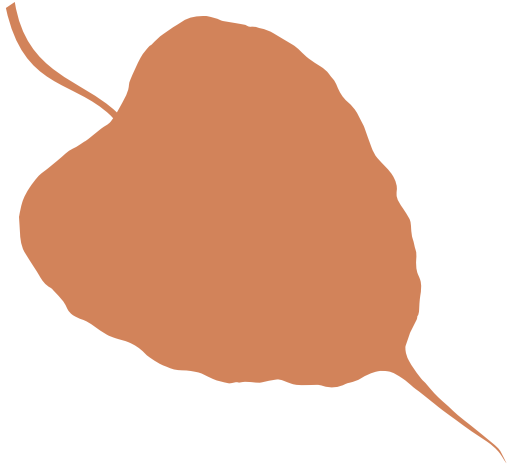




Dhamma Groups of 5/1

Week # 9

- 01 Five Immediacy Deeds
(anantariyakamma)
 - 02 Five subjects for regular
reviewing(Abhinhapaccavekkhana)
 - 03 Benefits of Listening to Dhamma
 - 04 Five Hindrances
 - 05 Five Qualities of new monks
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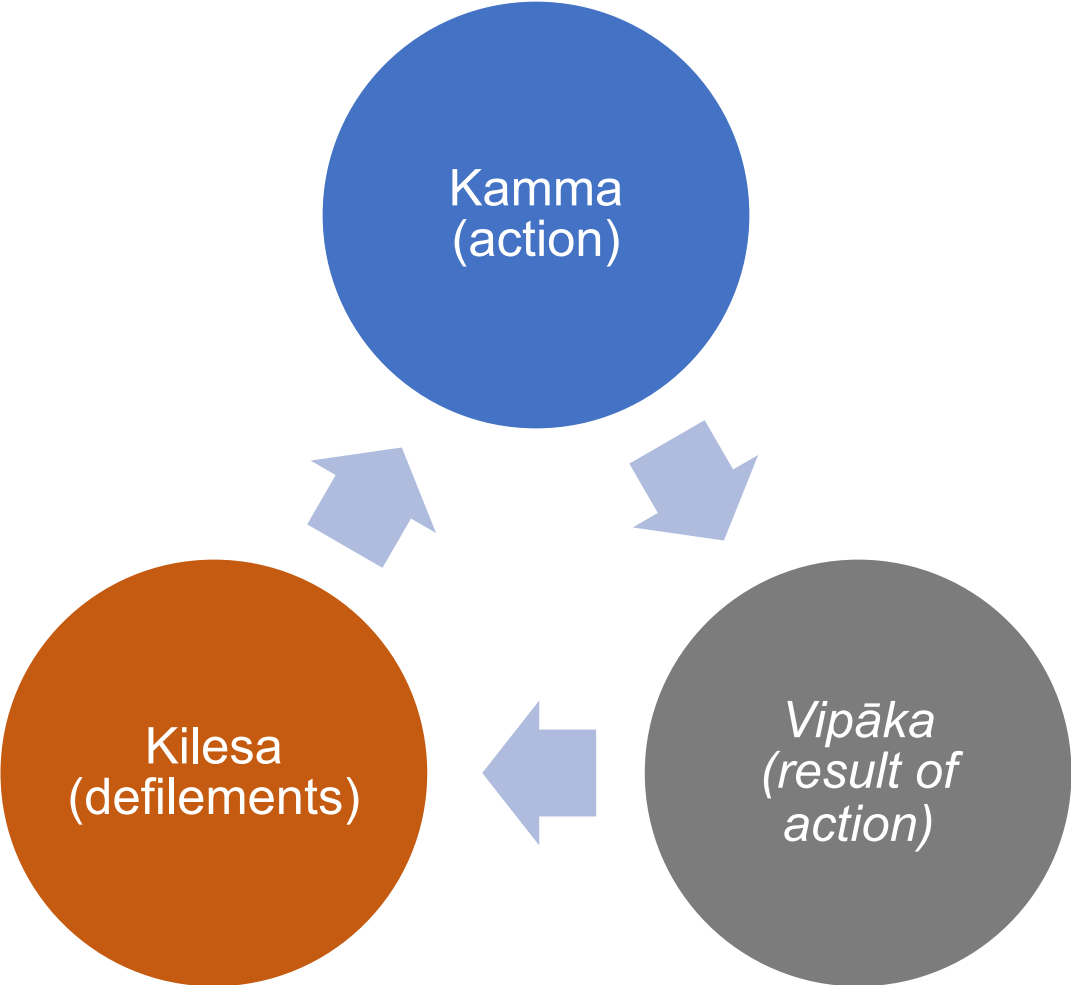


You reap what you sow

“Good deeds bring good results, Bad deeds bring bad results.”

บุคคลหว่านพืชเช่นใด ย่อมได้ผล เช่นนั้น
ผู้ทำกรรมดี ย่อมได้ ผลดี ผู้ทำกรรมชั่ว ย่อมได้ผลชั่ว

Vicious Circle



Four things that no-one can guarantee

What four?

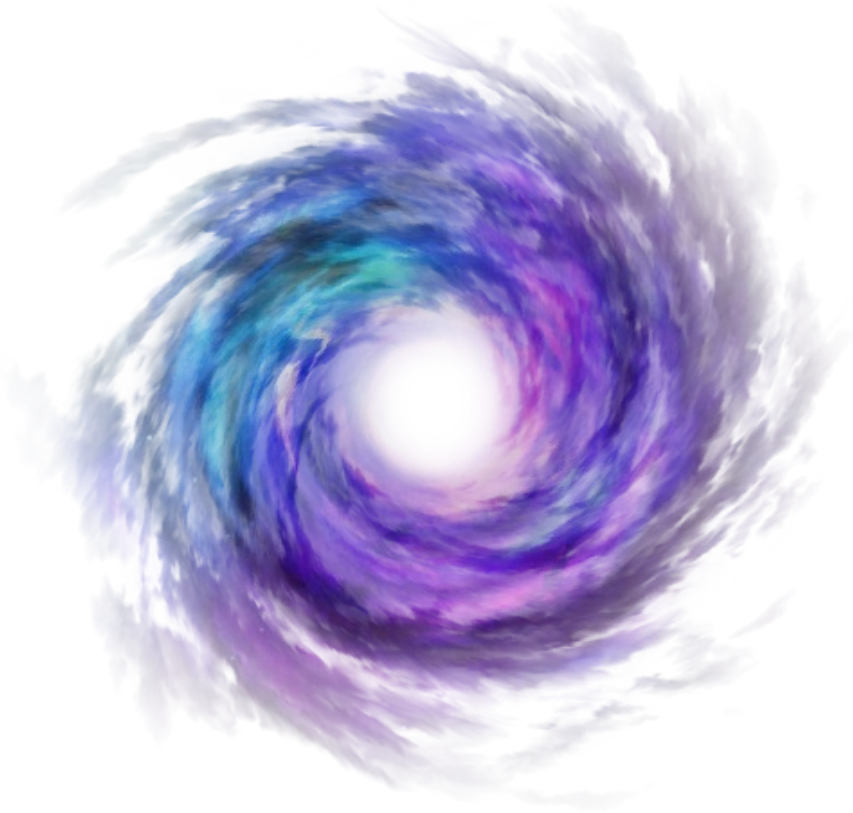
No-one can guarantee that someone liable to old age will not grow old.

No-one can guarantee that someone liable to sickness will not get sick.

No-one can guarantee that someone liable to death will not die.

No-one can guarantee that the bad deeds done in past lives-corrupting, leading to future lives, hurtful, resulting in suffering and future rebirth, old age, and death-will not produce their result.

Significance of Kamma



“

Beings are owners of their actions,
heirs of their actions; they originate from
their actions, are bound to their actions,
have their actions as their refuge.
It is action that distinguishes
beings as inferior and superior.

”

The Gravity of Kamma



1. Weight or Heavy (Garukakamma)
2. Death-proximate (Asannakamma)- kamma one does or remembers immediately before the dying moment.
3. Habitual (Acinnakamma)- kamma one habitually performs and recollects.
4. Reserve (Kaattakamma)- cumulative kamma, which embraces all that cannot be included in above three kamma.

Anantariyakamma (Five immediacy deeds)

1. Matughata: killing of one's mother
2. Pitughata: killing of one's father
3. Arahantaghata: Killing an arahant - enlightened being
4. Lohituppada: Injuring the Buddha sufficient to cause contusion.
5. Sanghabheda: Causing the Sangha- the monastic community, to break into dissension.

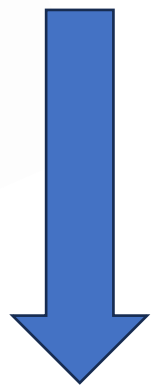


JAMAICA
CONSTABULARY
FORCE

Rule of Law • Respect for All • A Place for Good

SON CHARGED FOR FATHER'S MURDER





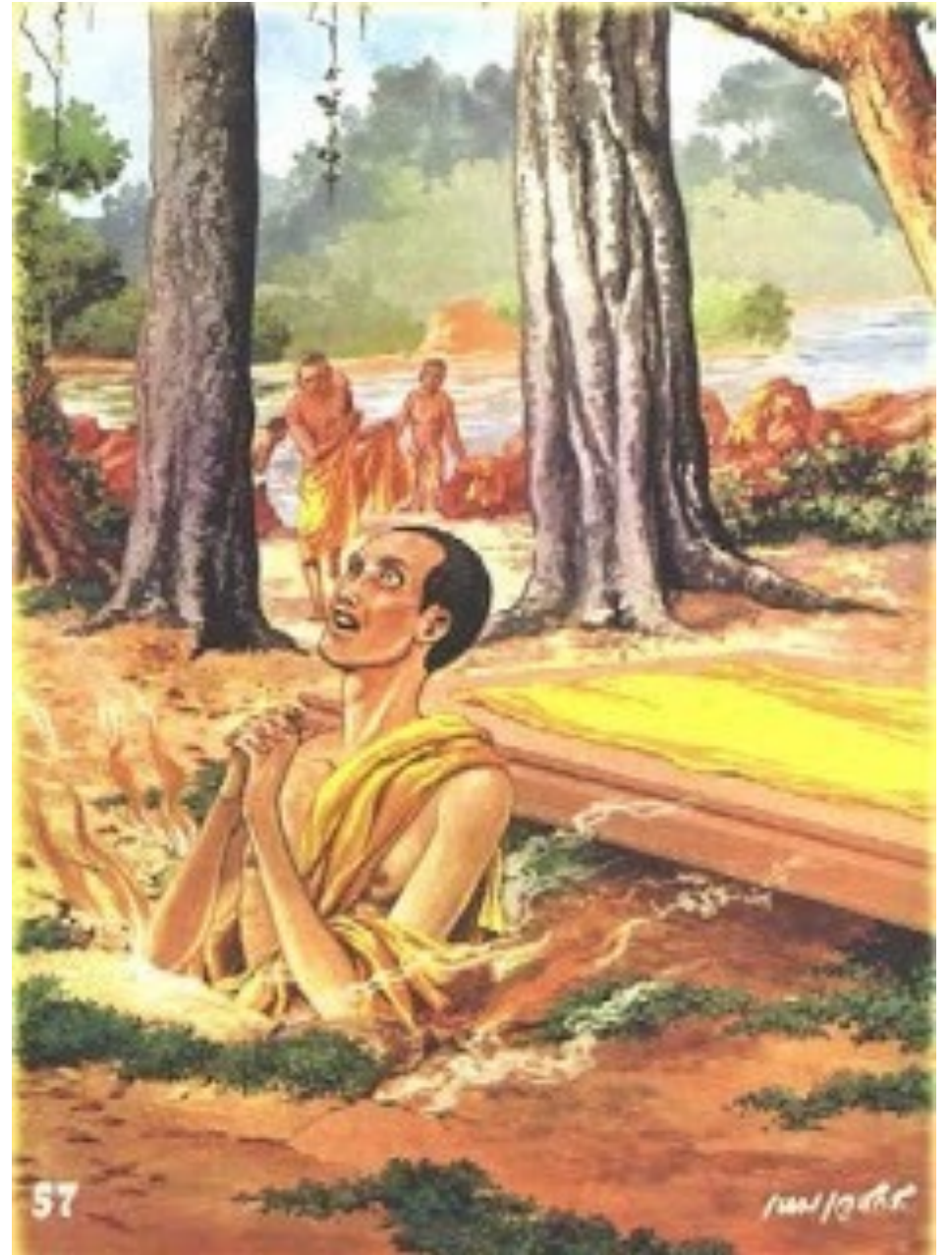
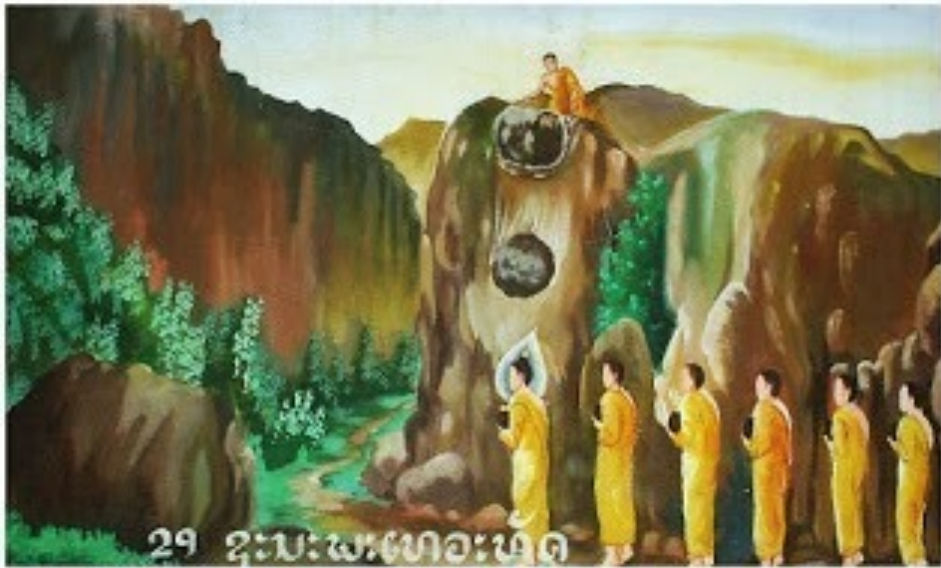




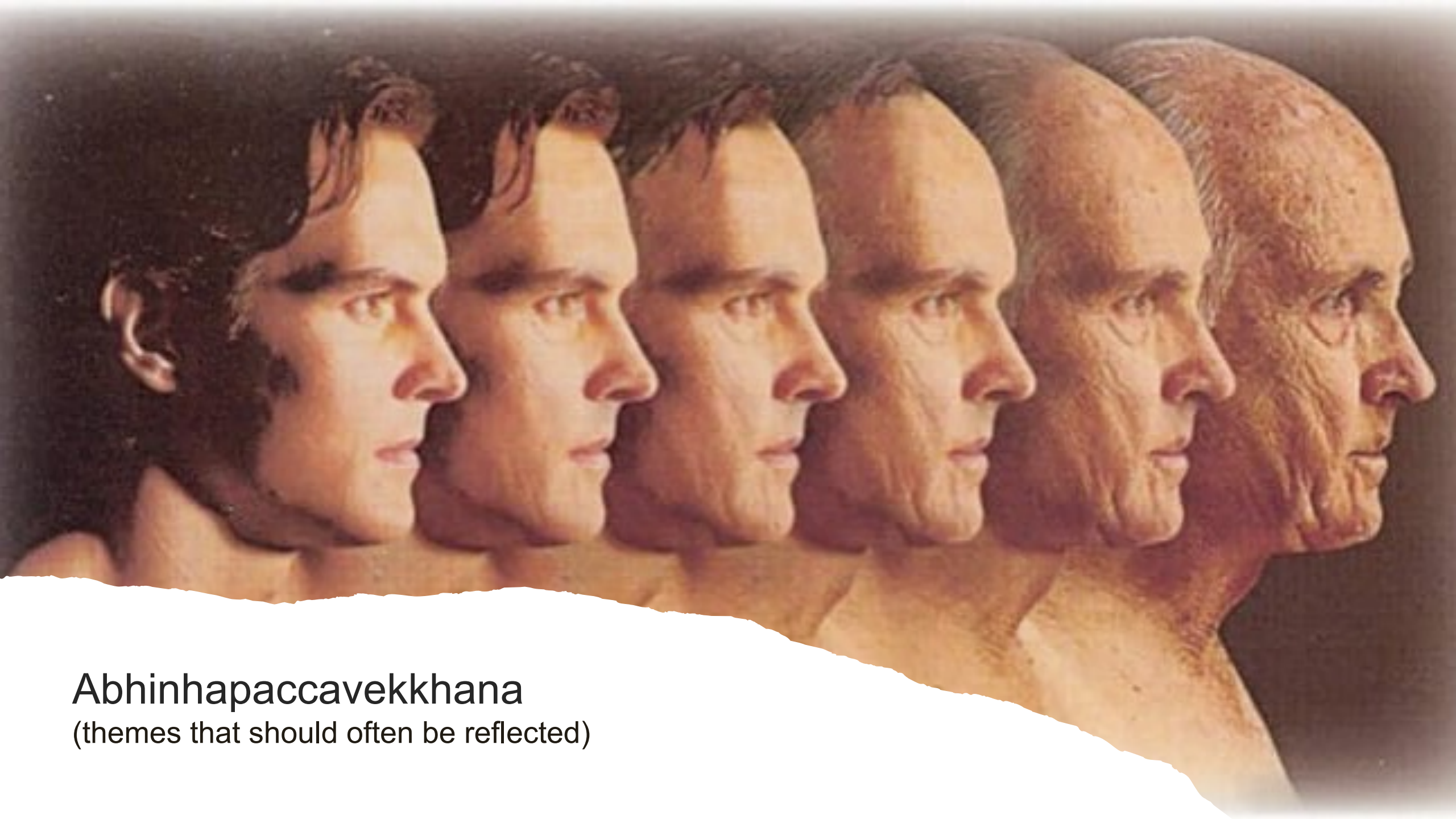
“

When the mind is defiled,
an unhappy destination
may be expected. When
the mind is undefiled, a
happy destination may
be expected.

”



Devadatta → Avīci Hell



Abhinhapaccavekkhana
(themes that should often be reflected)

Abhinhapaccavekkhana

A woman or a man, a layperson or a renunciate should often review these five subjects:

‘I am liable to grow old, I am not exempt from **old age**.’

‘I am liable to get sick, I am not exempt from **sickness**.’ ...

‘I am liable to die, I am not exempt from **death**.’ ...

‘I must be parted and **separated** from all I hold dear and beloved.’ ...

‘I am the owner of my deeds and heir to my deeds.

Deeds are my womb, my relative, and my refuge.

I shall be the heir of whatever deeds I do, whether good or bad.’

Dukkha

"Now this, bhikkhus, is the noble truth of suffering: **birth** is suffering, **aging** is suffering, **illness** is suffering, **death** is suffering; union with what is displeasing is suffering; separation from what is pleasing is suffering; not to get what one wants is suffering; in brief, **the five aggregates subject to clinging are suffering.**"







Dhammassavananisamsa (Benefits of Listening to the Dhamma)

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1. One hears what has never been heard.
2. One clears what he has heard.
3. One dispels his doubts.
4. One makes straight his view (right understanding).
5. One heart (citta) becomes clear and happy.

How to listen to Dhamma?

“

“Whatever teaching I hear that is conducive to something wholesome I shall listen with an attentive ear, examining it, reflecting on it, absorbing it with all my heart.

”

-Kassappa-



“Five Hindrances” (Pañca Nivarana) are mental factors that obstruct progress in meditation and hinder the attainment of deep states of concentration (samadhi) and insight (vipassana).



Five Hindrances

1. Sense Desire (Kammacchanda)
2. Intending harm to others (Byapada)
3. Drowsy and Torpor (Thina-middha)
4. Remorse, Restlessness and Worry (Uddhacca-kukkucca)
5. Doubt (vicikiccha)

Antidote for Five Hindrances



The Four Protective Meditations (Arakkhakammatthana)

Buddhanussati

Mettā



Asubha

Marananussati

Five qualities new monks should establish



The new monks, - those who have not long gone forth, who are newcomers in this Dhamma & Discipline - should be **encouraged**, **settled**, & **sustained** in these five qualities.

Five qualities new monks should establish

Restraint in Patimokkha

Sense-Control

Limited on conversation

Dwell in solitude, Remote wilderness

Be endowed with right view



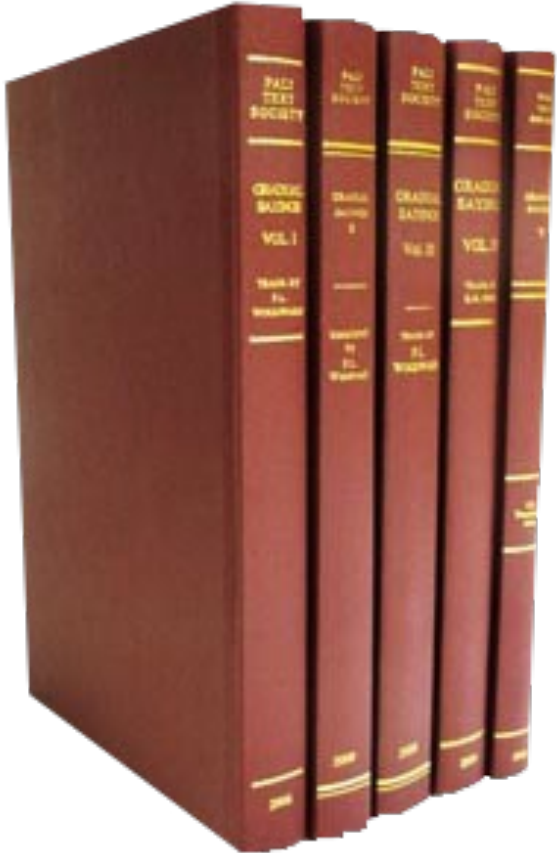
“

A monk should live mindful (sati)
and aware (sampajanna).
This is my instruction to you.

”

Sati Sutta, SN 47.2

Recommended Suttas



- Abhinhapaccavekkhitabbathana Sutta, AN 5.57
- Dhammassavana Sutta, AN 5.202
- Culakammavibanga Sutta, MN 135
- Andhakavinda Sutta AN5.114



Rejoice in
your merit

Five Hindrances



Vocaburary

Satipatthana	The Four Foundations of Mindfulness
Dhātu	Elements
Dukkha	Prejudice, wrong path
Samudhaya	Cause of dukkha
Tanha	Craving, Grasping, Thirst
Nirodha	Ending of dukkha
Magga	Ways lead to the end of dukkha (The Noble Eightfold path)