

Nakdhamma Elementary Level



Dhamma Group 9-10

Ven.Narongchai Thanajayo

Sunday 12 May 2024



Nakdhamma Elementary Level

Course Title: Dhamma

Lecture # 14: Dhamma Group 9-10

By Ven.Narongchai Thanajayo

Date: Sunday 12 May 2024

Time: 2.40 - 4.10 pm



Let's meditate

A large, stylized orange leaf with a stem and vein, pointing downwards towards the text.

Dhamma Groups of 9/10

Week # 14

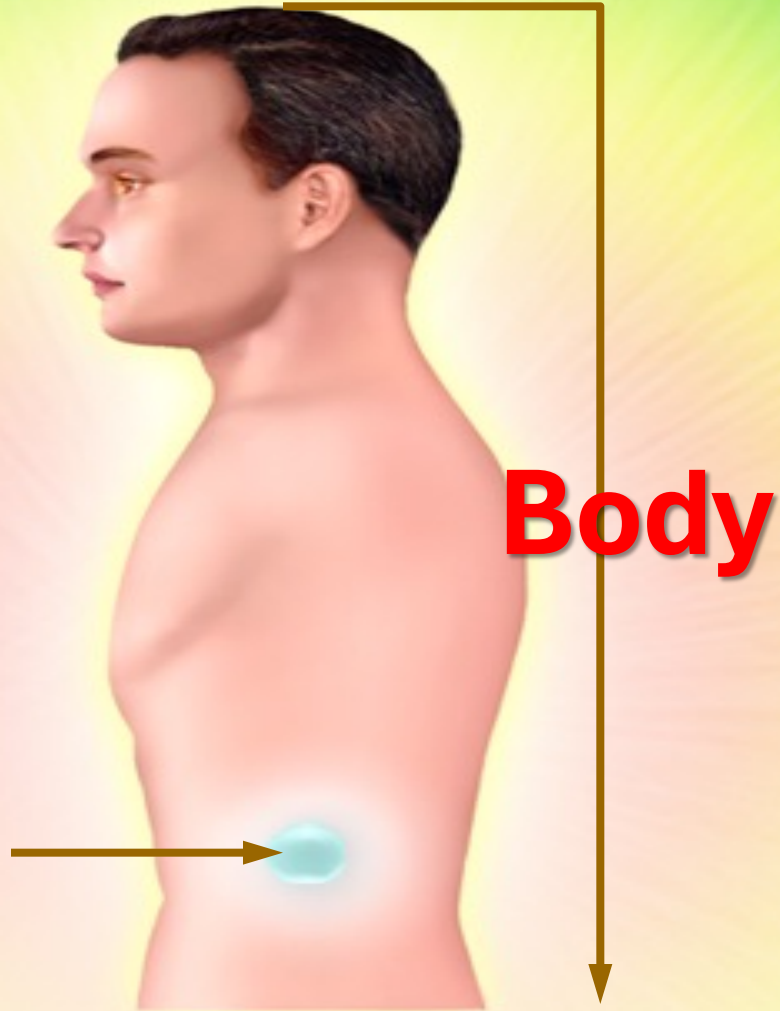
- 01** **Nine Stains (Mala)**
- 02** **Ten wholesome actions (kusalakamma)**
- 03** **Ten unwholesome actions (Akusalakamma)**
- 04** **Ten Objects of regular reflection (Anussati)**



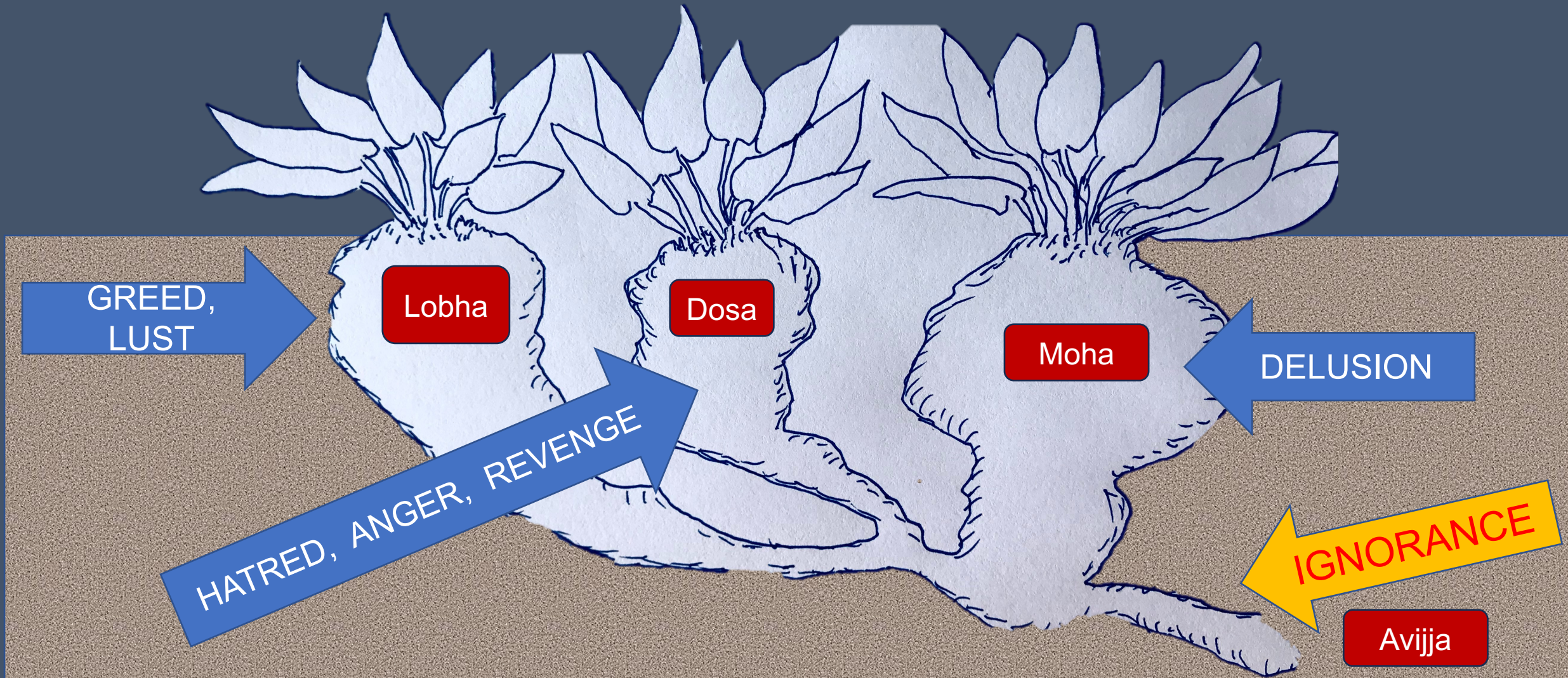
Mala:
Stains,
impurities,
defilements

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

Mind

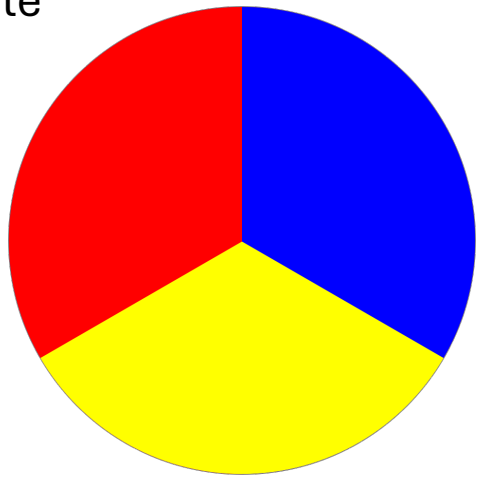


Deep roots of a poison tree

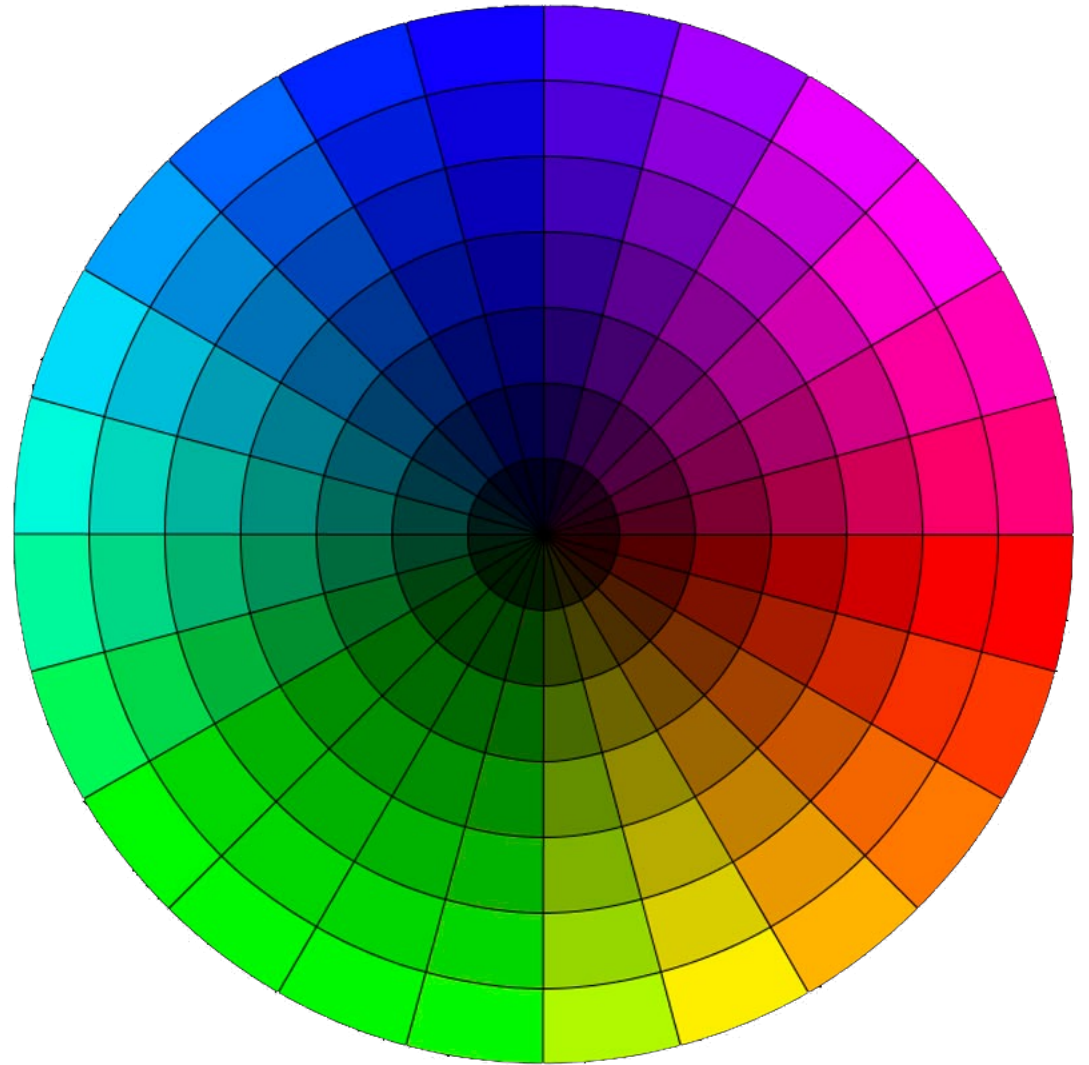
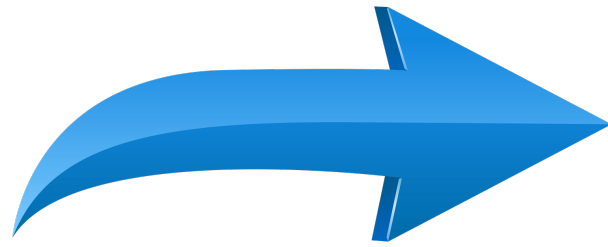


Hate

Delusion



Greed

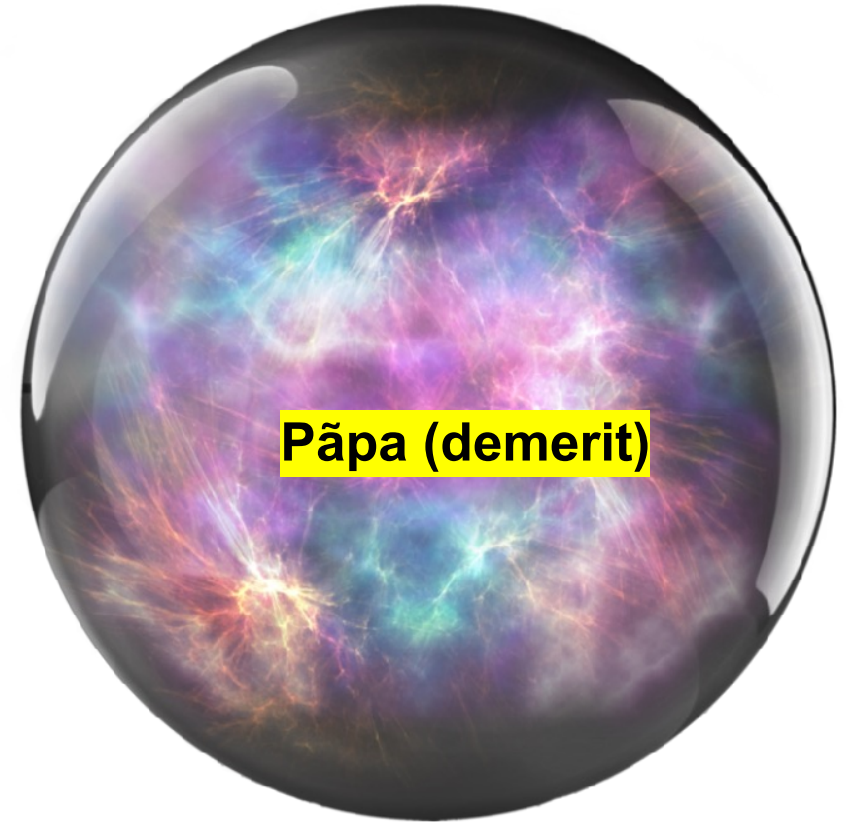
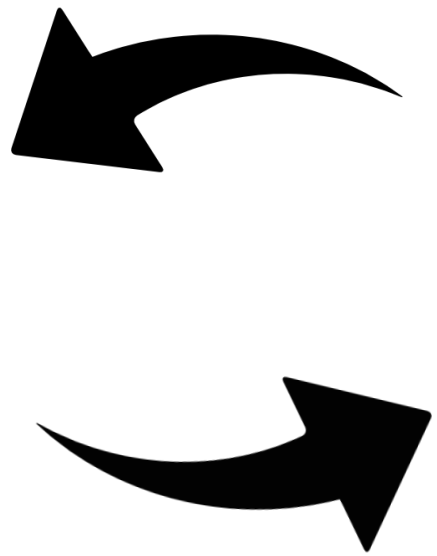


Primary Color



Puñña (merit)

Purity



Pāpa (demerit)

Impurity

The Nine Stains (Mala)

1. Anger (Kodha)
2. Depreciation (Makkha)
3. Envy or jealousy (Issa)
4. Stinginess (Macchariya)
5. Deception (Maya)
6. Boasftulness (Satheyya)
7. False speech (Musavada)
8. Evil wish (Papiccha)
9. Wrong understanding (Micchaditthi)



Anger (Kodha)

1
Dislike



2
Irrigated

3
Anger

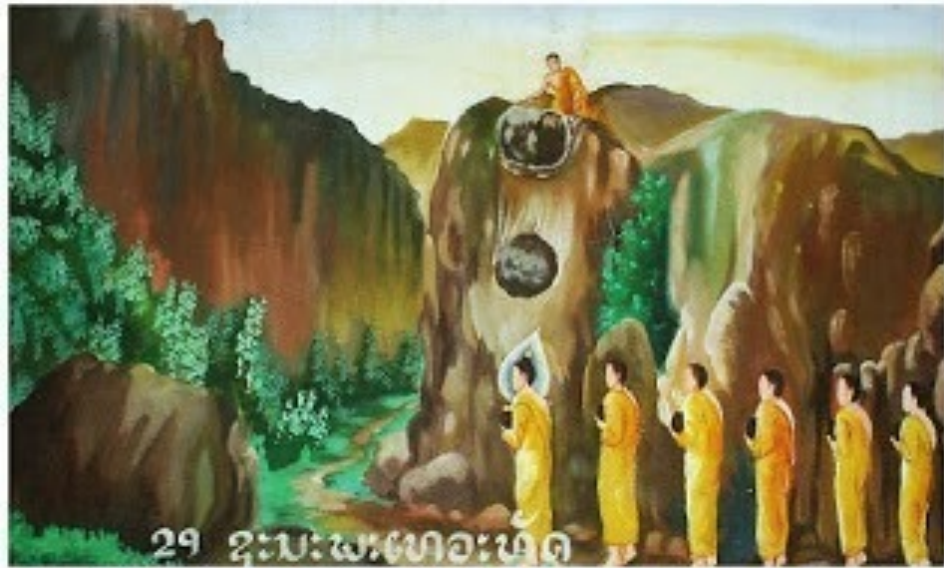
4
Ill-will

5
Revenge





Depreciation /
Detraction
(Makkha)



Devadatta → Avīci Hell

Envy/ Jealousy (Issa)



Stinginess (Macchhariya)



Giving

Material gifts
(amisa dana)

Gift of
Forgiveness
(abhaya dana)

Gift of Teaching
Dhamma
(Dhamma dana)

Deceit / Deception (Maya)



Boastfulness (Satheyya)

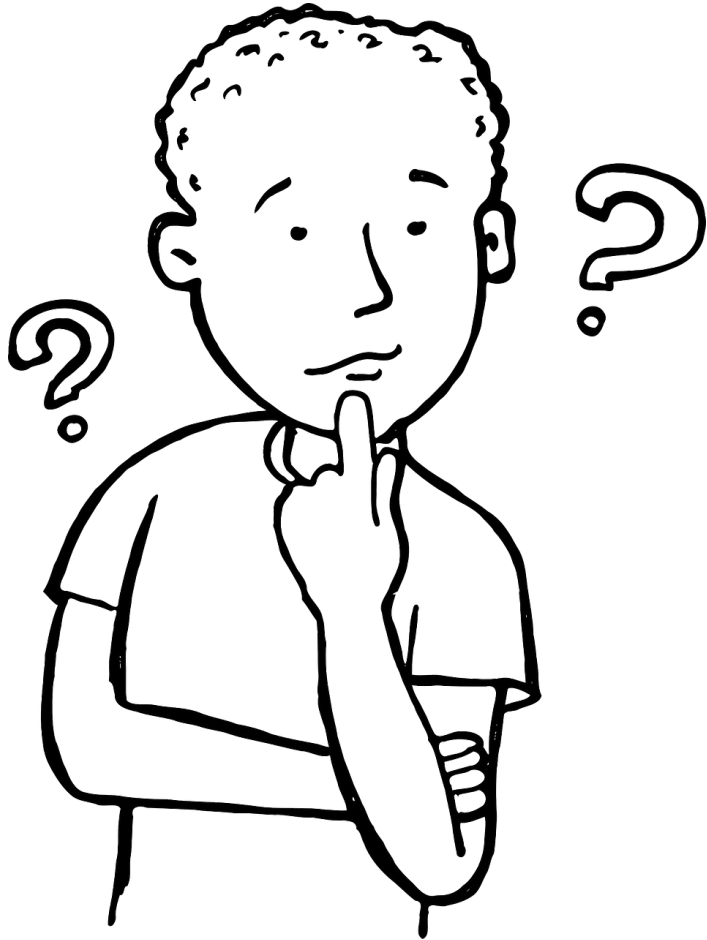


False speech (Musavada)

Abstinence from false speech,
abstinence from divisive speech,
abstinence from harsh speech,
abstinence from idle speech



Evil Wish (Papiccha)





Wrong View (micchaditthi)

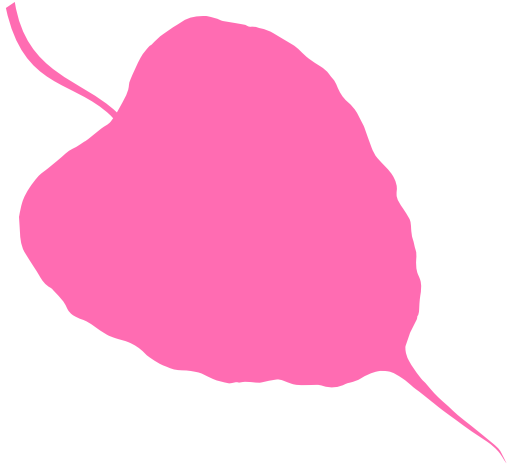
“There is no single factor so responsible for the suffering of living beings as **wrong view**, and no factor so potent in promoting the good of living beings as **right view**”



“When a noble disciple understands what is kammically unwholesome, and the root of unwholesome kamma, what is kammically wholesome, and the root of wholesome kamma, then he has **right view.**”

Right View on Kamma

“There is result of gift, there is result of offering, there is result of sacrifice; **there is fruit and ripening of deeds well done and ill done; there is this world, there is a world beyond**; there is benefit from serving mother and father; there are spontaneously uprising beings; there are in the world recluses and Brahmans who are faring rightly, proceeding rightly, and who proclaim this world and a world beyond, having realised them by their own super-knowledge.”



You reap what you sow

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

The Antidote for Mala

1. Anger (patience, loving kindness, compassion)
2. Depreciation (gratitude)
3. Envy or jealousy (sympathic joy)
4. Stinginess (generosity)
5. Deception (honestly)
6. Boastfulness (respect, humble)
7. False speech (right speech, truthfulness)
8. Evil wish (contentment)
9. Wrong understanding (right view)



**Ten wholesome actions
(kusalakamma)**

**Ten unwholesome actions
(Akusalakamma)**



Action (kamma)	Unwholesome Actions (Akusalakamma)	Wholesome Actions (Kusalakamma)
Body	<ol style="list-style-type: none"> 1. Destroying life 2. Stealing 3. Sexual Misconduct 	<ol style="list-style-type: none"> 1. Abstaining from Destroying life 2. Abstaining Stealing 3. Abstaining Sexual Misconduct
Speech	<ol style="list-style-type: none"> 1. False speech 2. Slanderous speech 3. Divisive speech 4. Idle chatter 	<ol style="list-style-type: none"> 1. Abstaining False speech 2. Abstaining Slanderous speech 3. Abstaining Divisive speech 4. Abstaining Idle chatter
Mind	<ol style="list-style-type: none"> 1. Covetousness 2. Ill-will 3. Wrong view 	<ol style="list-style-type: none"> 1. Abstaining Covetousness 2. Abstaining Ill-will 3. Right View

The Five Precepts

1.Refraining from killing

2.Refraining from stealing

3.Refraining from sexual misconduct

4.Refraining from false speech

5.Refraining from intoxication

01 | Drinking alcohol

02 | Roaming the streets at night

03 | Habitual Partying

04 | Gambling

05 | Bad Companionship

06 | Laziness

Abāiyamuk

The Causes of Ruin





Anussati

“One thing, monks, when developed and cultivated, leads solely to disillusionment, dispassion, cessation, peace, insight, awakening, and extinguishment..”

The Ten Anussati (concepts which one should often recollecte.)

Sati

(Mindfulness)

Anussati

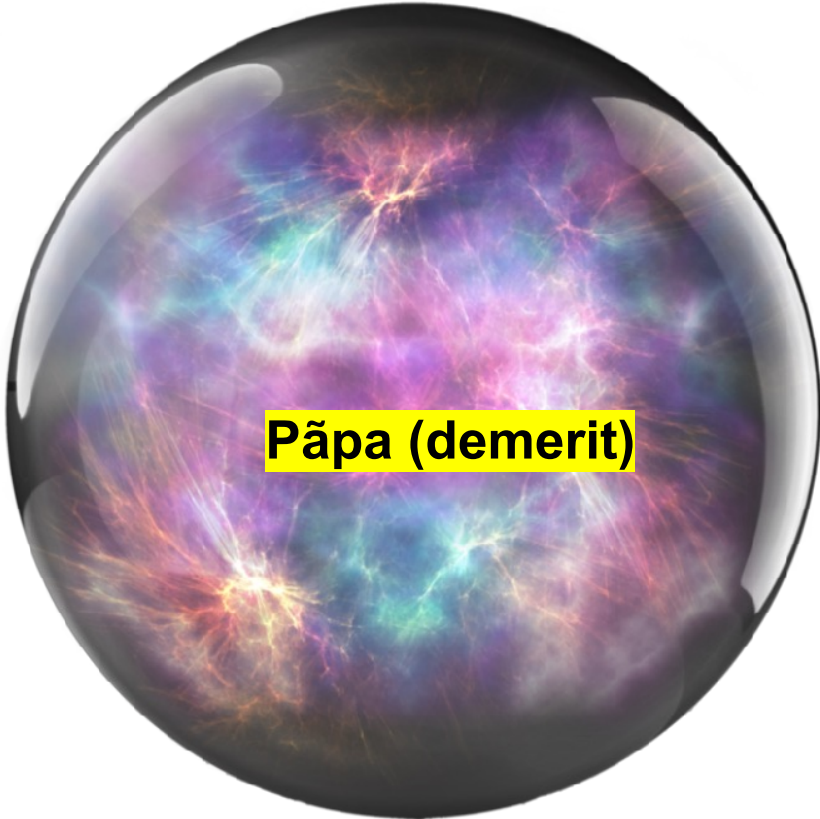
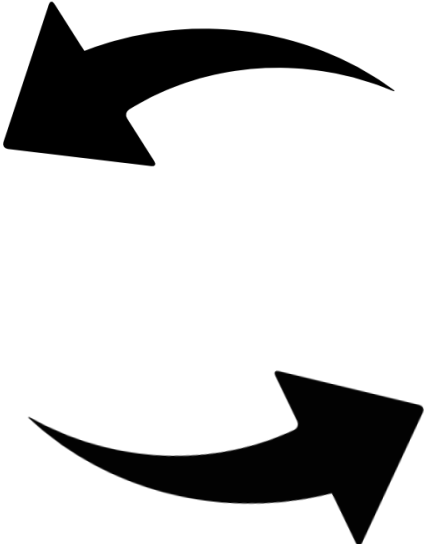
(Constant Mindfulness)

Defilements
Hindrances



Puñña (merit)

Purity

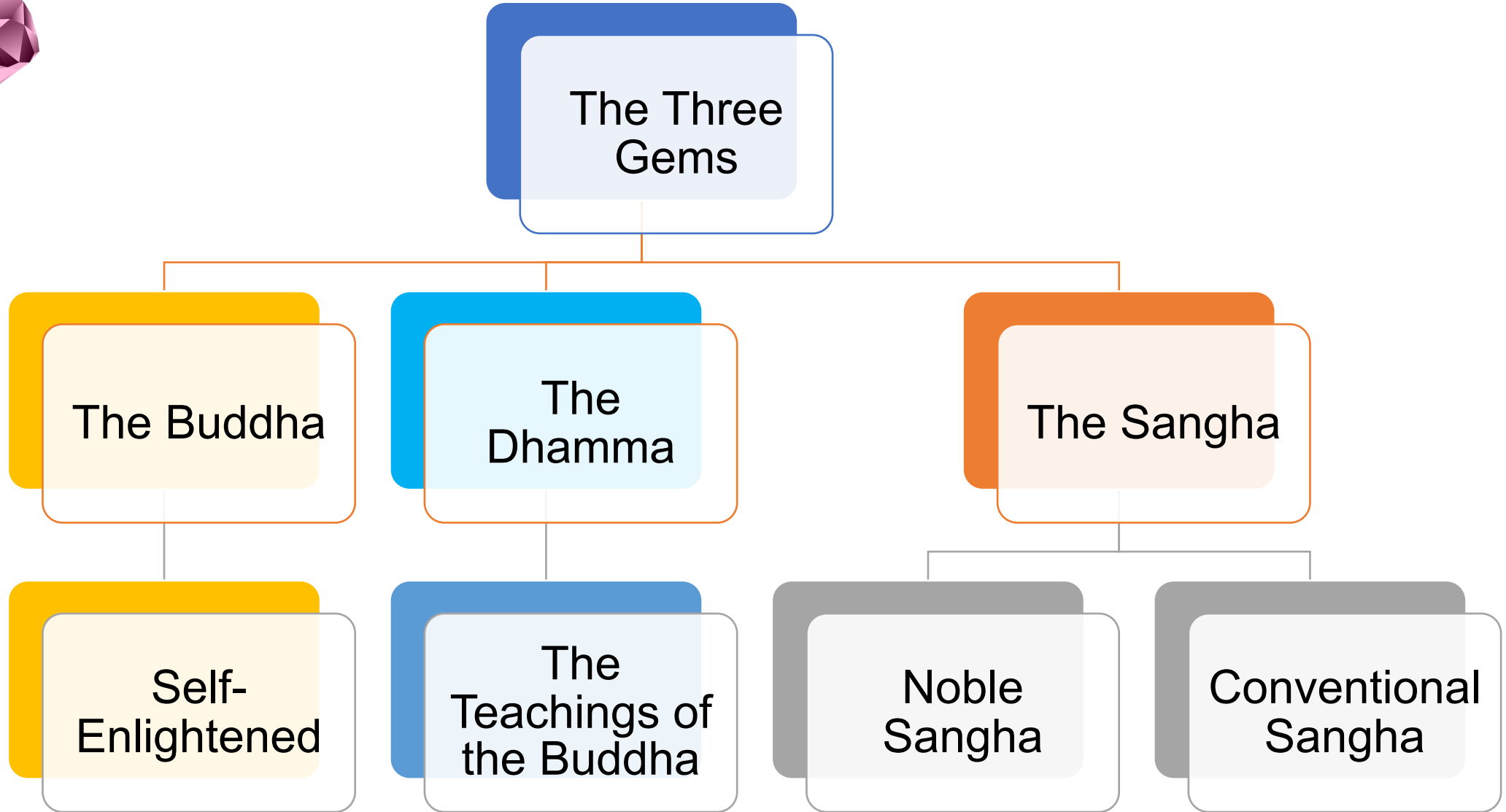
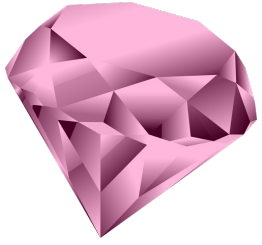


Pāpa (demerit)

Impurity

Ten Anussati

1. **Buddhanussati**: Recollection of the virtues of the Buddha
2. **Dhammanussati**: Recollection of the virtues Dhamma
3. **Sanghanussati**: Recollection of the virtues Saṅgha
4. **Silanussati**: Recollection of one's own ethical conduct
5. **Caganussati**: Recollection of generosity
6. **Devatanusatti**: Recollection of the deities (virtues which make people become devas)
7. **Maranassati**: Mindfulness of death
8. **Kayagatasati**: Mindfulness of the body (nature of the physical body)
9. **Anapanasati**: Mindfulness of breathing
10. **Upasamanussati**: Recollection of peace (virtues of Nibbana)





Silanussati



Caganussati

Davatanussati



Hiri
(Moral Shame)

Ottappa
(Moral Fear)

Kayagatasati

The 32 Parts of the Body

Head hair, Body hair, Nails, Teeth, Skin

(Kesa, Loma, Nakkha, Danta, Taco)

Flesh, Sinews, Bones, Bone Marrow, Kidneys

(Masam, Naharu, Atthi, Atthiminjam, Vakkam)

Heart, Liver, Diaphragm, Spleen, Lungs

(Hadayam, Yakanam, Kilomakam, Pihakam, Papphasam)

Large Intestine, Small Intestine, Stomach, Feces, Brain

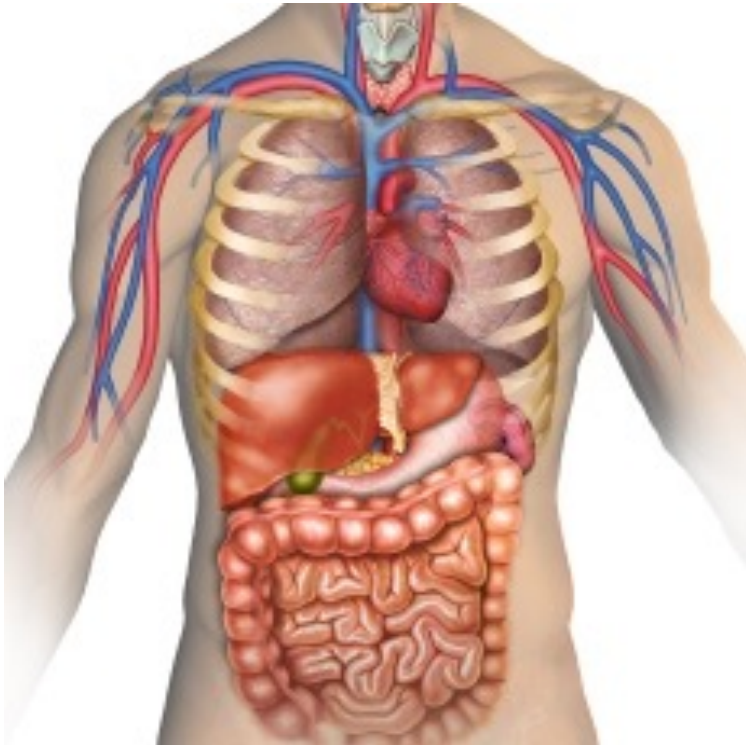
(Antam, Antagunam, Udariam, Kerisam, Mattagunam)

Bile, Phlegm, Pus, Blood, Sweat, Fat

(Pittam, Semhan, Pubbo, Lohitam, Sedo, Medo)

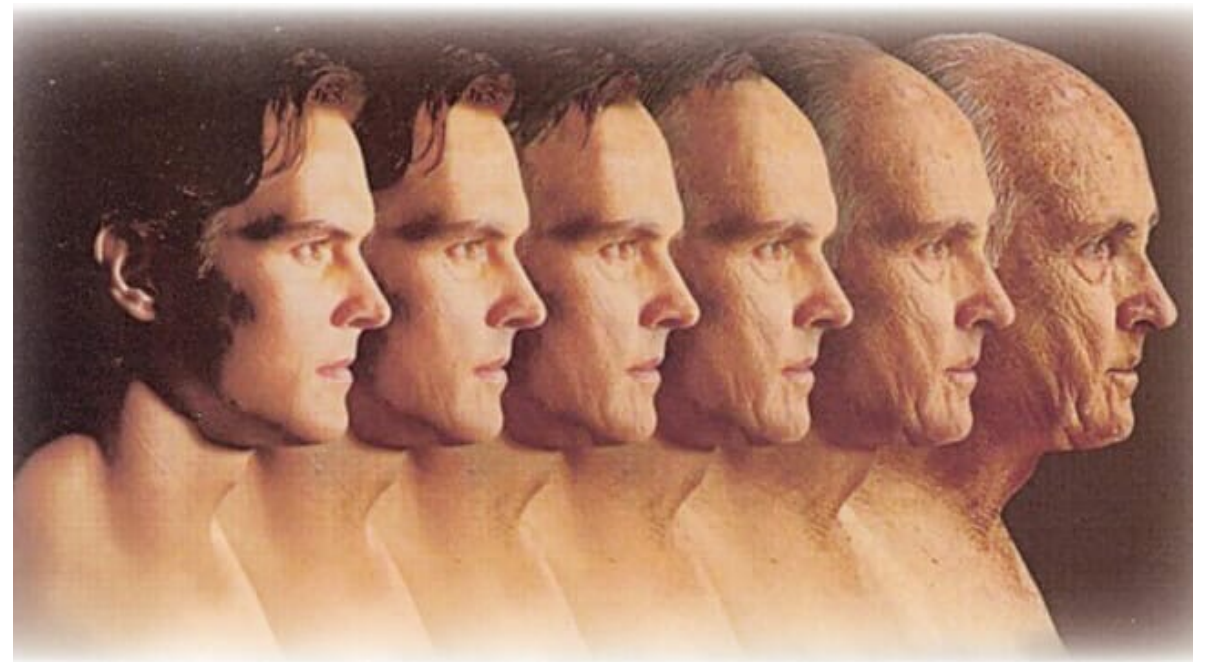
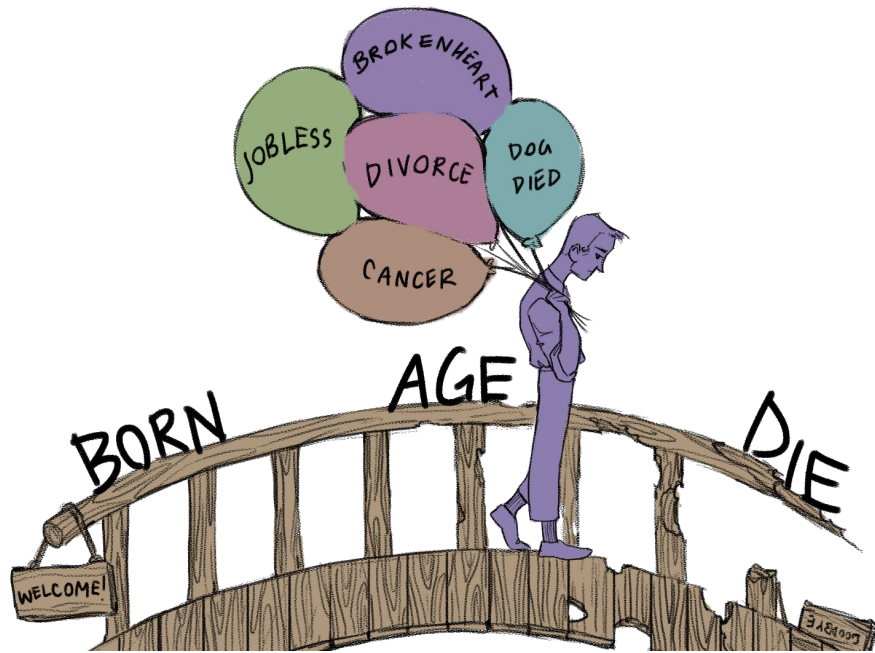
Tears, Grease, Saliva, Mucus, Oil of the Joints, Urine

(Assu, Vasa, Kelo, Singhanika, Lasika, Muttam)



Asubha

Maranassati





Aanapanasati

Khantī paramaṃ tapo tītikkhā

Patient forbearance is the highest austerity

Nibbānaṃ paramaṃ vadanti buddhā.

***Unbinding is highest: That's what the
Buddhas say.***

Ovāda-pāṭimokkha Gāthā



Rejoice in
your merit