

## Taxonomy of Vipassan? Terms

**Date :** March 1, 2018

Here is a guide to the most basic terms of the Buddha's teaching of vipassan?. It seems to me that this should be provided in every writing on the topic.

1. Life is Suffering; *idam dukkham*
2. The Cause of Suffering; Dependent Origination; *pa?iccasamupp?da*
  - The Mental Four Aggregates (Short Form; Practical)
    1. Sense data (*viññana*)
    2. Evaluation of sense data (*sañña*)
    3. Generate bodily sensation (*vedan?*)
    4. Automatic reaction (*sa?kh?ra*)
  - Twelve "causal" steps in the loop of *pa?iccasamupp?da* (Long Form; Theoretical)
    1. Ignorance (*avijj?*)
    2. Karma/action/reaction (*sankh?r?*)
    3. Consciousness (*viññana*)
    4. Body/mind (*nama/rupa*)
    5. Sense organs (*sal?yatanam*)
    6. Contact w sense organ (*phassa*)
    7. Sensation (*vedan?*)
    8. Craving (*tanh?*)
    9. Clinging (*up?d?na*)
    10. Becoming (*bhava*)
    11. Birth (*j?ti*)
    12. Sickness, old age, death, other miseries (*jar?-marana*)
3. How suffering ceases; *nirodha-sacca*
  - Reprogramming the automatic craving of sensations triggers a systemic shift throughout the twelve links of *pa?iccasamupp?da*.
4. The way to the cessation of suffering; Eight-Fold Noble Path; *ariyo a??ha?giko maggo*
  - Morality (*sila*)
    1. Right speech
    2. Right Action
    3. Right Livelihood
  - Concentration (*samadhi*)
    4. Right effort
    5. Right awareness
    6. Right Concentration
  - Wisdom (*pañña: heard, rational, experiential*)
    7. Right thoughts
    8. Right understanding

- All phenomena are impermanent (*anicca*)
- All phenomena have no self (*anatta*)
- All phenomena are suffering (*dukkha*)