

WEST MEETS EAST – ANCIENT MEETS MODERN

Bodhipakkhiyādhammā (37) 三十七菩提道品

Four establishments/presences of mindfulness (satipaṭṭhānā) 四念住

1. Mindfulness of the body (kāyānupasthāna) 身念住，观身不净
2. Mindfulness of feelings (vedanānupasthāna) 受念住，观受是苦
3. Mindfulness of mental states (cittānupasthāna) 心念住，观心无常
4. Mindfulness of mental qualities (dhammanupasthāna) 法念住，观法无我

Four right exertions/efforts/strivings (sammāpādhānā) 四正勤

1. Effort for the preventing of unkind states to arise 未生恶法令不生
2. Effort for the abandoning of the already arisen unkind states 已生恶法令恒令灭
3. Effort for the arising of kind states 未生善法令出生
4. Effort for the sustaining and increasing of arisen kind states 已生善法令增长

Four bases of spiritual power (iddhipādā) 四神足/四如意足

1. Intention or will (chanda) 欲神足，欲得见道
2. Effort (vīrya) 勤神足，精勤习禅
3. Consciousness (citta) 心神足，心神专一
4. Skill of Analysis/observation (mīmāṃsā) 观神足，正确观想

Five spiritual faculties (indriya) 五根

1. Conviction (śraddhā) 信根，深信三宝
2. Effort (vīrya) 勤根，修行不懈，指“四正勤”
3. Mindfulness (smṛti) 念根，忆念正法，指“四念处”
4. Concentration (samādhi) 定根，修习禅定
5. Wisdom (prajñā) 慧根，开发智慧

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Five Strengths (pañca bala) 五力：由五根产生的五種力量

1. Conviction (śraddhā) 信力，坚信真理
2. Effort (vīrya) 勤力，修四正勤的力量
3. Mindfulness (smṛti) 念力，破邪、念正的力量
4. Concentration (samādhi) 定力，置心一处的能力
5. Wisdom (prajñā) 慧力，产生智慧的能力

Seven Factors of bodhi (awakening, understanding) 七觉支

1. Mindfulness (sati) 憶念觉支，憶念集中而念念分明
2. Investigation of dharma (dharmapracaya) 擇法觉支，選擇正确、适宜的修法
3. Effort (vīrya) 精進觉支，任何階段都不能懈怠
4. Joy (prīti) 喜悦觉支，修禪定得到的喜悦
5. Tranquillity (praśrabdhi) 轻安觉支，得到的轻松安适感觉
6. Concentration (samādhi) 禪定觉支，摄心不散深入禅定
7. Equanimity (upekkhā) 等捨觉支，舍一切念，不即不离

Noble Eightfold Path 八正道

1. Right Understanding (sammā diṭṭhi) 正见解
2. Right Intention/thinking (sammā saṅkappa) 正思惟
3. Right Speech (sammā vācā) 正語言
4. Right Action (samyak-karmānta) 正行为（正业）
5. Right Livelihood (samyag-ājīva) 正生活（正命）
6. Right Effort/Energy (samyag-vyāyāma) 正精进
7. Right Mindfulness (samyak-smṛti) 正意念
8. Right Concentration (samyak-samādhi) 正禅定