

STRUCTURE OF BUDDHISM

THE THREE CHARACTERISTICS (*tri-lakṣaṇa*):

- 1) impermanence (*anitya*)
- 2) absence of defining essences (*anātman*)
- 3) suffering (*duḥkha*)

THE FOUR TRUTHS:

- 1) the suffering nature of life
- 2) the cause of suffering – craving (*trṣṇa*) and grasping (*upādāna*)

THE FOUR KINDS OF GRASPING:

- 1) grasping to objects of sensual desire (*kāma*)
 - 2) grasping to rules (*śīlavrata*)
 - 3) grasping to belief in defining essences (*ātmavāda*)
 - 4) grasping to worldviews (*drṣṭi*)
- 3) the alternative to suffering (*nirvāṇa*)
 - 4) the method

THE THREE HIGHER TRAININGS (*adhiśikṣā*):

- 1) ethics (*śīla*)
- 2) meditative integration (*samādhi*)
- 3) wisdom (*prajñā*)