

Mini Glossary

cakkhu karani - consciousness sees "*annica*" (impermanence), "*dukkha*" (stress, suffering) and "*anatta*" (non-self). It sees a form and knows that this form is subject to change, is not reliable and has no permanent entity behind it.

citta - an aspect of consciousness that can easily become entangled in thoughts or feelings or proliferations about past events, concerns about the future or liking/disliking some aspect or person associated with them.

dukkha - stress; that which is difficult to bear; suffering; discontentment; pain

Iddhipada - the 4 powers that leads to success: 1. *chanda*: strong and engaged interest in a goal; 2. *viriya*: applying effort to achieve a goal; 3. *citta*: extended thinking about the goal; 4. *vimangsa*: reflecting and investigating the goal to see what is working or what can be done to achieve a better result. An example of a goal: to more quickly notice when "Liking" or "Disliking" arises in the Mind and to let it go as soon as its detected.

kilesa - defilements; unwholesome qualities that afflict the mind, including greed, hatred, delusion, conceit, wrong view, skeptical doubt, sloth and torpor, restlessness, shamelessness and lack of moral dread

mano - an aspect of consciousness that is not entangled in thoughts or feelings or proliferations about past events, concerns about the future or liking/disliking some aspect or person associated with them.

mudita - one of the 4 *Brahma Viharas* (Divine Abodes); sympathetic or unselfish joy, or joy in the good fortune of others.

nana - knowledge, comprehension.

nana karani - cultivating sustained Pure Awareness of mental and physical phenomena and guards against becoming entangled with them in thoughts, or feelings or proliferations (ruminations)

sankaras - mental proliferations or ruminations

upadana - clinging; classically, attachment in four categories: sensual clinging, clinging to views, clinging to precepts and practices, and clinging to the notion of a self or personality

upekkha - one of the 4 *Brahma Viharas* (Divine Abodes); equanimity; staying neutral in the face of life's vicissitudes

vinnana - consciousness