

Mini Glossary:

1. 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.
2. 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)
3. 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.
4. 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.
5. vinnana - consciousness
6. nana - knowledge, comprehension.
7. sankaras - mental proliferations or ruminations