

*Towards a unified understanding of philosophy, science, religion, and the arts*

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*All things arise and cease due to  
interdependent causes and conditions*

~Δ~

## **The Fabulous Fours of Buddhist Wisdom**

*By*

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## The Fabulous Fours of Buddhist Wisdom

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### 1 • The Four Noble Truths

- Truth of stress, suffering, sorrow
- Truth of desire [ego] as the cause
- Truth of enlightenment, selflessness
- Truth of the Way, attaining enlightenment

### 2 • The Four Bases of Miraculous Power

- Strong aspiration
- Vigorous determination
- Intense Concentration
- Intense Contemplation

### 3 • The Four Currents

- Desire
- Illusory existence
- Wrong views
- Ignorance [of Truth]

### 4 • Four Yokes

- Attachments
- Karmic existence
- Bogus beliefs
- Ignorance [of Reality]

### 5 • Four Wrong Views

Considering what is really—

- impermanent to be permanent
- stress to be joy
- not-a-self to be a self
- impure to be pure

### 6 • Four Right Efforts

- Ending existing evil
- Preventing new evil
- Activating new virtue
- Increasing existing virtue

### 7 • Four Heavy Transgressions

- Killing
- Stealing
- Lying
- Sexual misconduct

### 8 • Four Noble Practices

To be content with—

- simple clothing
- simple sustenance
- simple sleeping facilities
- cultivating virtues and severing defilement

### 9 • Fearlessness of Bodhisattvas: Fearlessly—

- teaching the Dharma as having learned it
- teaching the Dharma suited to the different inclinations and spiritual ills of sentient beings
- dealing with all arguments in teaching, and
- resolving the doubts of sentient beings

**10 • Four Immeasurables**

- Kindness *Maitri*
- Compassion *Karuna*
- Joy *Mudita*
- Equanimity *Upekkha*

**11 • Four Mindfulnesses**

- of the body as limitation
- of feeling as suffering
- of the mind as impermanent
- of dharmas as interdependent, as selflessness in nature

**12 • Four Kinds of Resolve**

To realize—

- Truth
- Wisdom
- Freedom
- Tranquility

**13 • Four Reliances : Relying on—**

- the true meaning or spirit of the dharma and, not merely on words
- the teaching and, not on any personality
- intuitive wisdom and, not on mere intellectual knowledge
- sutras [writings] that give ultimate teachings and, not on expedient [exploitive] presentations

**14 • Enlightenment Stages**

- 1st • Entered-the-Stream
- 2nd • Once-returning
- 3rd • Non-returning
- 4th • Arhantship

**15 • Four Kinds of Devotees**

- Monks *Bhikhus*
- Nuns *Bhikhunis*
- Laymen *Upasakas*
- Laywomen *Upasikas*

**16 • Four Stages of Meditation**

- 1st • Joy and pleasure due to the relinquishment of desire and unwholesome thoughts.
- 2nd • Joy and pleasure due to focus, one-pointedness of mind or concentration, overcoming all thoughts.
- 3rd • Dwells in subtle bliss due to the relinquishment of joy.
- 4th • Equanimity and pure awareness—all feelings of joy and bliss are transcended.

**17 • Fearlessness of Buddhas: Fearlessly—**

- realizing all things
- extinguishing all defilements
- expounding all obstructions to liberation, and
- emphasizing the true path to liberation

**18 • First Four of the Way** (Noble 8-Fold Path)

- 1 • Right Understanding
- 2 • " Thought
- 3 • " Speech
- 4 • " Action

**19 • Second Four of the Way** (Noble 8-Fold Path)

- 5 • Right Livelihood
- 6 • " Effort
- 7 • " Attention
- 8 • " Meditation

**20 • Four Right Associations**

- Respecting parents and teachers
- Caring for the young and the old
- Having good people around you
- Improving yourself and your surroundings [environment]

**21 • Four Ideals of Compassion**

- Truthfulness
- Generosity
- Trustworthiness
- Harmlessness

**22 • Four Supports**

Here one judges that one thing—

- pursued
- endured
- avoided
- extinguished

**23 • Four Ways of Going Wrong**

- thru desire
- thru hatred
- thru delusion
- thru fear

**24 • Four Right Efforts**

- Restraint
- Abandoning
- Development
- Preservation

**25 • Four Factors of Attainment toward Entering-the-Stream**

- association with aspirants
- hearing the true teachings
- thorough attention
- faithful practice of the teachings

**26 • Four Contemplations**

This material form: this is its arising, this is its ceasing—

- these are feelings
- " " perceptions
- " " mental formations
- this is consciousness arising, ceasing

**27 • Four kinds of progress**

- painful progress with slow comprehension
- painful progress with quick comprehension
- pleasant progress with slow comprehension
- pleasant progress with quick comprehension

**28 • Four more kinds of progress**

- with impatience
- patient progress
- controlled progress
- calm progress

**29 • Four Divisions of the Teachings** (*Dhamma or Dharma*)

- Ethics (*Sila*) • Meditation (*Samadhi*) • Wisdom (*Pañña*) • Liberation (*Vimutti*)

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