

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 Buddhist Bible
In
**A Schematic Presentation
and
The Essential Wisdom Teachings**

Compiled and adapted by

Bing Escudero

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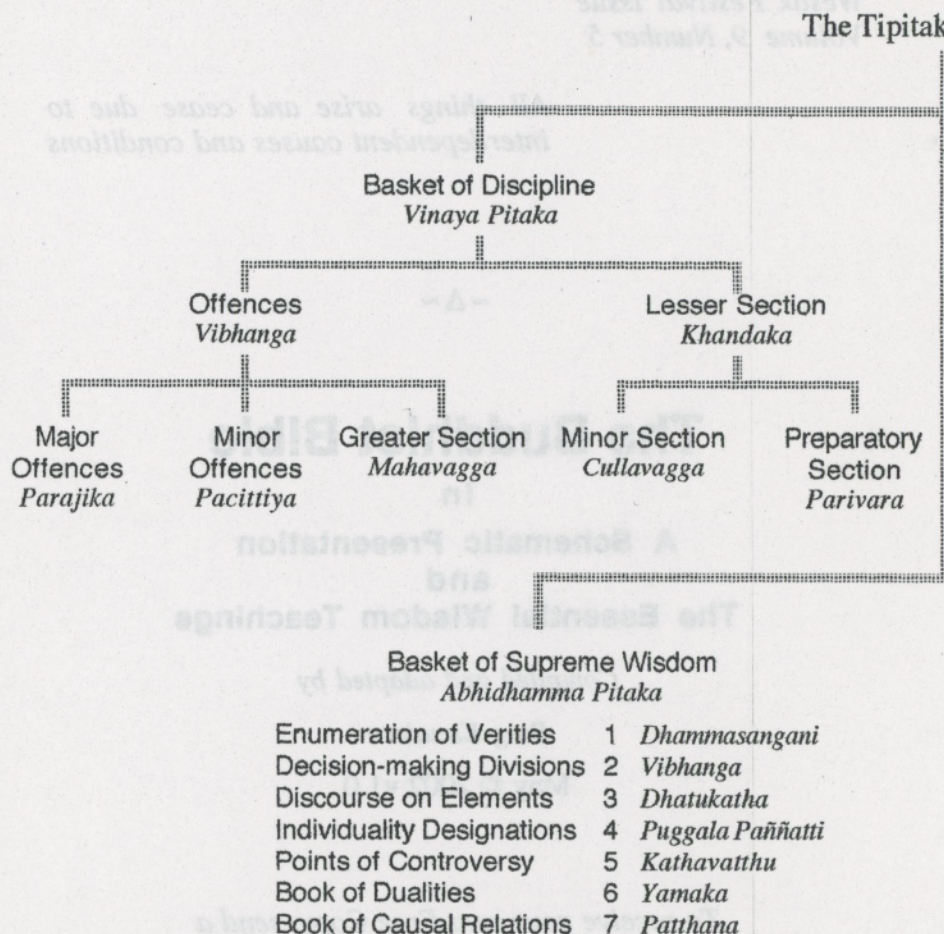
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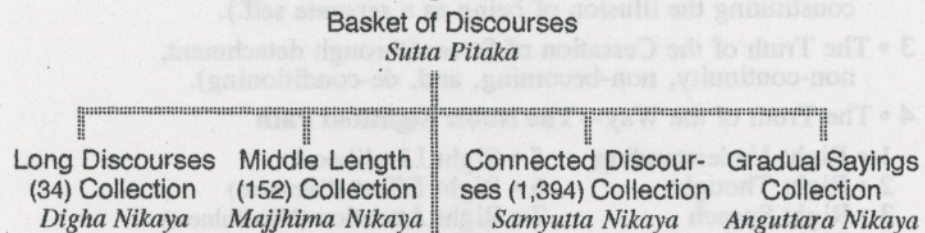
The Buddhist Bible

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*In Pali, the Buddhist Bible is called *Tipitaka*, [*Tripitaka*, Sanskrit] meaning, Three Baskets, which are: (1) the Basket of Discipline, *Vinaya Pitaka*; (2) the Basket of Discourses, *Sutta Pitaka*; and, (3) the Basket of Supreme Wisdom, *Abhidhamma Pitaka*. These manuscripts contain the recorded universal wisdom teachings of Prince Siddhattha Gotama Sakyamuni Buddha (623-543 B.C.). He gave up his kingdom in search of enlightenment for the sake of humanity. The depth and breadth of his spiritual attainment is unsurpassed up to this day. Enlightenment awaits each one of us.

The wisdom teachings from the Buddha are so universal, devoid of extreme or absolute speculations. In every day, beyond any religious affiliation, the goodness of life is in curtailing vices by cultivating the virtues. For example: don't be lazy, greedy, angry; nor lie, cheat, steal, hurt, harm or kill; instead, be energetic, truthful, honest, trustworthy, peaceful, patient, forgiving, cheerful, charitable, mindful and compassionate. Study diligently, meditate regularly, and be of selfless service to others. Thus, each person, ethics, and all faiths are uplifted.



Smaller Collection — *Khuddaka Nikaya*

Shorter Texts	1	<i>Khuddaka Patha</i>	Dhammapada Verses or <i>Vaggas</i>
The Way of Truth	2	<i>Dhammapada</i>	Twin Verses
Songs of Joy	3	<i>Udana</i>	1 <i>Yamaka</i>
"Thus Have I Heard"	4	<i>Itivuttaka</i>	Heedfulness
Collected Discourses	5	<i>Sutta Nipata</i>	2 <i>Appamada</i>
Celestial Stories	6	<i>Vimana Vatthu</i>	Mind
Stories of "Ghosts"	7	<i>Peta Vatthu</i>	3 <i>Citta</i>
Brethren Psalms	8	<i>Theragatha</i>	Flowers
Sister Psalms	9	<i>Therigatha</i>	4 <i>Puppha</i>
Rebirth Stories	10	<i>Jataka</i>	Fools
Expositions	11	<i>Niddesa</i>	5 <i>Bala</i>
Analytical Knowledge	12	<i>Patisambhida</i>	The Wise
Lives of Arahants	13	<i>Apadana</i>	6 <i>Pandita</i>
Buddha's History	14	<i>Buddhavamsa</i>	The Worthy
Modes of Conduct	15	<i>Cariya</i>	7 <i>Arahanta</i>
			Thousands
			8 <i>Sahassa</i>
			Evil
			9 <i>Paapa</i>
			Punishment
			10 <i>Danda</i>
			Old Age
			11 <i>Jara</i>
			The Self
			12 <i>Atta</i>
			The World
			13 <i>Loka</i>
			Awakening
			14 <i>Buddha</i>
			Happiness
			15 <i>Sukha</i>
			Affection
			16 <i>Piya</i>
			Anger
			17 <i>Kodha</i>
			Impurities
			18 <i>Mala</i>
			Righteousness
			19 <i>Dhammattha</i>
			The Way
			20 <i>Magga</i>
			Various Points
			21 <i>Pakinnaka</i>
			Woeful State
			22 <i>Niraya</i>
			The Elephant
			23 <i>Naga</i>
			Craving
			24 <i>Tanha</i>
			The Mendicant
			25 <i>Bhikkhu</i>
			Of Holy Birth
			26 <i>Brahmana</i>

Modern Translations

Maurice Walshe, trans. *The Long Discourses of the Buddha*. Digha Nikaya translation from Pali. 1995 (Boston, MA: Wisdom Publications).

Bhikku Nanamoli, original trans. Bhikku Bodhi, trans. and ed. *The Middle Length Discourses of the Buddha*. A New Translation of the Majjhima Nikaya. 1995 (Boston, MA: Wisdom Publications).

Bhikkhu Bodhi, trans. *The Connected Discourses of the Buddha*. A New Translation of the Samyutta Nikaya. 2 vols. 2000 (Somerville, MA: Wisdom Publications).

The Essential Wisdom Teachings

The Four Noble Truths

- 1 • The Truth of Stress (sorrow, suffering, change, impermanence).
- 2 • The Truth of the Cause (arising from the thirst for sense-pleasures, for existence and becoming, for escape and release; involving objects, sensations, perceptions, mentalities; conditionings due to thought, memory, awareness; all constituting the illusion of being as a separate self.).
- 3 • The Truth of the Cessation of Stress (through detachment, non-continuity, non-becoming, and, de-conditioning).
- 4 • The Truth of the Way—**The Noble Eightfold Path**

- | | |
|-----------------------------|------------------------------------|
| 1 • Right Understanding | 5 • Right Livelihood |
| 2 • Right Thought | 6 • Right Effort (Calmness) |
| 3 • Right Speech | 7 • Right Attention (Mindfulness) |
| 4 • Right Action (Behavior) | 8 • Right Meditation (Realization) |

Resolving the Chain of Causes—The Twelve Nidanas

(Read, No. 1 causes 2 causes 3, and so on, to 12 causing No. 1, over again.)

- | | |
|-----------------------|--------------------------------------|
| 1 • Ignorance | 7 • Sensation |
| 2 • Karmic Formations | 8 • Thirst |
| 3 • Conditionings | 9 • Clinging |
| 4 • Name-&-Form | 10 • Becoming |
| 5 • Sense-organs | 11 • Birth |
| 6 • Contact | 12 • Aging-Death (recycles to No. 1) |

Striving towards the Spiritual Perfections—The Ten Paramitas

- | | |
|---------------------|---------------------|
| 1 • Charity | 6 • Patience |
| 2 • Ethics | 7 • Truthfulness |
| 3 • Renunciation | 8 • Resolve |
| 4 • Wisdom | 9 • Loving-kindness |
| 5 • Selfless Effort | 10 • Equanimity |

Dwelling in the Immeasurables—The Four Brahmaviharas

- 1 • Kindness, universal love, goodwill
- 2 • Compassion, sympathy, the consideration for others
- 3 • Joy in seeing others freed from stress, from suffering
- 4 • Renunciation, equanimity in vicissitudes, peace

Knowing the Kinds of Happiness in the World—The Four Sukhas

- 1 • Economic security, wealth acquired by righteous means
- 2 • Liberal use of wealth on meritorious deeds
- 3 • Being free from debts, living within one's means.
(However, Nos. 1, 2, & 3 are not worth a 1/16 part of No. 4.)
- 4 • Living a faultless life in thought, word, and deed.