

## Dhammapada: Schemes for Reading

Based on a scheme by Bhikkhu Bodhi, an American monk living in Sri Lanka.  
[[http://www.buddhistinformation.com/living\\_message\\_of\\_the\\_dhammapada.htm](http://www.buddhistinformation.com/living_message_of_the_dhammapada.htm)]

### Four Teachings of the Dhammapada

- 1. Ethics in present life
- 2. Ethics and future lives: Karma
- 3. Path to enlightenment
- 4. Enlightenment

#### 1. Ethics in present life

- General statement: v. 183

Refraining from all that is detrimental,  
The attainment of what is wholesome,  
The purification of one's mind:  
This is the instruction of the Awakened  
Ones.

#### 1.2 body, speech, mind

- V.v. 231-234
- Restraint with body, speech, and mind

#### 1.3 Five Precepts

- Vv. 246-247
- Killing
- Lying
- Stealing
- Adultery
- Intoxicants
- "Digs up his own root"

#### 1.4 Social Duties

- Vv. 331-333
- Be a friend
- Reverence to Parents
- Reverence to recluses
- Social duties important, but being a recluse is promoted

#### 1.5 Conflict Resolution

- Hatred overcome by compassion: 5
- Do not hold grudge: 3-4
- Restraint at anger: 221-222, 320
- All are afraid of death, so help them to not be afraid: 129-131

#### 2. Ethics and future lives

- Basic karma teaching: 1-2
- Perception>mental state>action>outcome (good/bad)

- Cannot escape karma: 127
- Here and hereafter: 15-18
- Karma and future lives: 220

#### 3. Path to enlightenment

- Nirvana ultimate goal, not rebirth: 186-187
- Disciple of Buddha does not seek heavenly realm
- Seeks end of craving
- Four noble truths path: 273

#### 3.1 Four Truths

- First noble truth: 202-203, 278
- Five Khandhas/Skandas
- 1. physical form
- 2. feelings
- 3. perceptions
- 4. mental formations
- 5. consciousness

#### 3.2 Second Noble Truth

- Chapter 24: Craving
- 349: For a person having thoughts disturbed

Acute of passion, looking for the pleasurable

Craving increases all the more.

That one, indeed, makes the bondage firm.

#### 3.3 Forth noble truth

- Chapter 20: the path
- 273, four noble truths, eightfold path
- Understand three marks: Change, suffering, no-self, 277-279
- Training mind: 1-2, chapter 3, 33-34, 42-43
- Do-it-yourself: 160, 165, 380, 275-276

#### 4. Enlightenment

- Arhat: chapter 7: 90
- Brahmana: chapter 26: 386
- Bhikkhu: 25:
- Buddha: 353
- Buddha as refuge: 190-192
- "Trackless": 179-180, 353

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### **Metaphors: Awareness**

- Awareness: standing on mountain, 28
- Race horse, 29
- Being awake among sleeping people, 29
- Fire burning attachment, 31
- Craving person: a trapped hare, 342

### **Metaphors: Mind & Body**

- Mind
- Arrow shaft, 33
- Fish on land, 34
- Citadel, 40
- Body:
- Pot of clay, 40
- Woodchip, 41

### **Metaphors: Flowers**

- Chapter 4
- Dharma as flower, 44
- Virtue as fragrance, 56
- Lotus as mind, 58
- Bee & honey, Sage and village, 49
- Jasmine sheds withered petals, 377

### **More Metaphors**

- Ladle in dish as childish, 64
- Tongue to dish as wise, 65
- Bitter fruit as bad karma, 66
- Milk as bad karma, 71
- Wise as rock in wind, 81
- Wise as deep lake, 82

### **Even more metaphors**

- Course of birds in sky as enlightened one's path, 92
- Senses as chariot, 94
- Wise one as a lake free of mud, 95
- Death as the rod, chapter 10
- Samsara as leaky boat, 369
- Wise as irrigators, fletchers, carpenters

### **Text as anthology**

- Fun and frustration: Dhammapada is not organized
- A shifting collection of isolated verses
- Your task exegesis: critical explanation of text.
- Problem verses: 294-295