

# ASHTA PADI

## Eight Stages to Enlightenment

**Dhammapada**  
**Tathagatha Bhagavan Buddha**

**English Presentation**  
**Narayana**

**Buddha Purnima**  
**May 23, 2024**



*Seva Sadbhavaad Santhoshah*  
Serve and Deserve

**Sri Seetharama Seva Sadan, Manthani**

# Ariya Attanga Magga – Eight-way Path

## Ariya Attanga Magga – Dukha Nirodha Pratipada Ariya Saccha – Eight Way Path

### Buddham Sharanam Gacchaami – Dhammam Sharanam Gacchaami – Sangham Sharanam Gacchaami – Attam Sharanam Gacchaami

Four Truths	MIDDLE PATH (Samyag)		NOT LESS Not torturing body		JUST RIGHT No pleasure – No pain		NOT EXCESS No pleasures			
1. Truth of Grief Life is Grief	1. SAMMA DITTI (Right Vision)	PRAGNA Consciousness	Knowledge of Grief	Knowledge of Cause	Knowledge of Remedy	Knowledge of Path	PARAMITAS - Transcendence			
	2. SAMMA SANKAPPO (Right Intention)		ANASAKTI Intention of Non-Clinging to Works		ADROHA Intention of Aversion					
	3. SAMMA VAACHA (Right Speech)	SHEELA Conduct	Non untruth	Not blaming	Non harsh	Non frivolous				
	4. SAMMA KAMMANTA (Right Works)		Not killing		Not stealing					
	5. SAMMA AJIVA (Right Earnings)	Generates will, makes strong effort, stirs up energy, applies his mind and strives To prevent the unrisen unwholesome mental states from rising Dwells ardent with awareness and constant thorough understanding for Having removed craving and aversion towards the world of mind and matter	No non-ethical earning		Ethical earning - Ethical life			1. Dana Paramita		
	6. SAMMA VAAYAMA (Right Effort)		To prevent the unrisen unwholesome mental states from rising	To eradicate the risen unwholesome mental states	To maintain, enhance, multiply and continue the risen wholesome mental states	To generate, maintain, multiply, continue unrisen wholesome mental states	2. Sheela Paramita			
	7. SAMMA SATHI (Right Awareness)		Observing body in body	Observing sensations in sensations	Observing mind in mind	Observing mental contents in mental contents	3. Kshanti Paramita			
	8. SAMMA SAMADHI (Right Concentration)		Detached from craving and unwholesome mental states enters into FIRST ABSORPTION born of detachment along with initial and sustained application of mind, filled with rapture and bliss, dwells therein		With subsiding of initial and sustained application of mind and gaining inner tranquillity and oneness of mind enters into SECOND ABSORPTION born of concentration free from initial and sustained application of mind filled with rapture and bliss and dwells therein			4. Veerya Paramita		
			After fading away of rapture, he dwells in equanimity aware with constant thorough understanding of impermanence and he experiences in his body the bliss of THIRD ABSORPTION and he dwells therein		After eradication of pleasure and pain and having joy and grief previously passed away he enters the state beyond pleasure and pain the FOURTH ABSORPTION totally purified by equanimity and awareness and he dwells therein			5. Dhyana Paramita		
			He then becomes just observer of mental contents by mental contents, fully established in awareness. This is the state of no return to attain the highest liberated state.					6. Pragna Paramita		
	Ultimate State Release from birth-death cycle Egoless Oneness	NIRVANA Liberation						Wisdom Experience Understanding Clarity Good Being		
There are these two extremes, monks, which one who has left the world should not pursue... (first sermon) .....				Atta deepo bhava... Now, monks, I declare to you all elements of personality are subject to decay. Strive on untiringly (last sermon)						

**ASHTA PADI**

**Eight Stages to Enlightenment**

**Dhammapada**

**NARAYANA**

**Day of Noble Path**

Vadodara  
5-6-2024

## **FOUR JEWELS**

**Buddham Sharanam Gacchaami**

**Dhammam Sharanam Gacchaami**

**Sangham Sharanam Gacchaami**

**Attam Sharanam Gacchaami**

## DHAMMA PATHAM – ASHTA PADI

### Tathaagata Buddha

<b>8</b>	<b>BRAHMANA</b> <b>THE HIGHEST</b>	उसभं पवरं वीरं महेसि विजिताविनं । अनेजं नहातकं बुद्धं तमहं ब्रूमि ब्राह्मणं ॥	Among the people best is who, The taller than tallest is who, Fearless, courageous, bold is who, Sage, saint, rishi is who Winner, victorious, glorious is who, He is Brahmin, the awakened is who. Dhammapada XXVI-40
<b>7</b>	<b>BHIKKU</b> <b>SAGE</b>	वस्सिका पिय पुष्फानि मद्वानि पमुच्चति ॥ एवं रागञ्च दोसञ्च विष्पमुच्चेथ भिक्खवो ॥	How creeper drops the dry flowers; all Oh! Sages! You drop desires, hatings; all. Dhammapada XXV-18
<b>6</b>	<b>MAGGA</b> <b>THE PATH</b>	मागगानट्ठज्ञिको सेट्ठो सच्चानं चतुरो पदा । विरागो सेट्ठो धम्मानं द्विपदानञ्च चक्रबुमा ॥	Amongst the paths, eight fold path is best Amongst truths, four truths are best Amongst Dharma, non-attachment; best Amongst men, seer is the best. Dhammapada XX-1
<b>5</b>	<b>ATTA</b> <b>SELF</b>	अत्ता हि अत्तनो को हि नाथो परो सिया । अत्तना'व सुदन्तेन नाथं लभति दुल्लभं ॥	Self is the master of self No other master than own self Without ego who excels on own An exemplary mastery he attains on own. Dhammapada XII-4
<b>4</b>	<b>BUDDHA</b> <b>MASTER</b>	सब्बपापस्स अकरणं कुसलस्स उपसम्पदा । सचित्तरियोदपनं एतं बुद्धान्' सासनं ॥	Avoid doing evil deeds all Carry out good deeds in benefit of all Continuously purify own mind too This is Buddhas' message for you. Dhammapada XIV-5
<b>3</b>	<b>YAMAKA PAIR</b> <b>HATELESS LOVE</b>	न हि वेरेन वेरानि सम्मन्तीध कुदाचनं । अवेरेन च सम्मन्ति एस धम्मो सनन्तनो ॥	With hate you cannot win the hate With love you can win the hate Eliminate hate and love all too This is ancient wisdom for you. Dhammapada I-5
<b>2</b>	<b>ARAHANTA</b> <b>ELIGIBLE ONE</b>	सन्तं तस्स मनं होति सन्ता वाचा त कम्म च । सम्मदञ्जा विमुत्तस्स उपसन्तस्स तादिनो ॥	His mind is calm positive and pure, true His speech is positive and pure, too In actions he is positive and pure one He is sage, he is free and saintly one. Dhammapada VII-7
<b>1</b>	<b>APPAMATTA</b> <b>ALERTNESS</b>	अप्पमत्तो पमतेसु सुतेसु बहुजागरो । अबलस्सं'व शीघ्रस्सो हित्वा याति सुमेधसो ॥	Amongst careless alert be you Amongst the sleeping, awake be you Like a swift horse surpasses the slow Wise man surpasses, in life so. Dhammapada II-9

## **FOUR TRUTHS**

**1.**

### **TRUTH OF GRIEF**

**Birth is grief. Decease is grief.  
Old age is grief. Death is grief.**

**2.**

### **TRUTH OF CAUSE OF GRIEF**

**Craving is the cause of grief.**

**3.**

### **TRUTH OF REMEDY OF GRIEF**

**Elimination of cause is remedy.  
Elimination of craving is elimination of grief.**

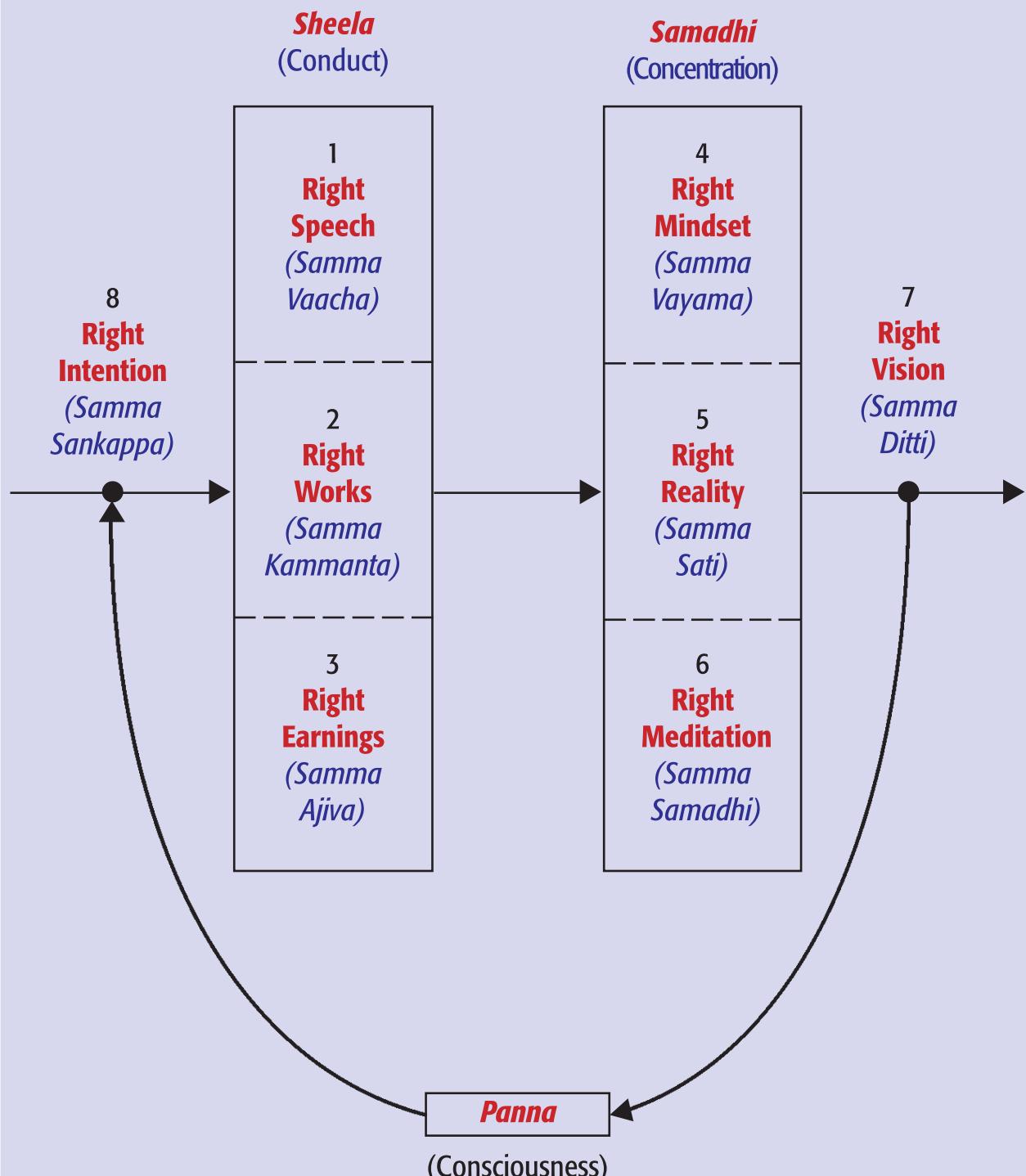
**4.**

### **TRUTH OF PATH**

**Eight fold path is the path  
To eliminate  
Craving and grief**

# Eight Way Path: A System

## Arya Attanga Magga (Noble Eight Way Path)



## **Middle Path (Samyag)**

Not LESS, Not EXCESS and Just RIGHT

is

## **Middle Path**

Not torturing the body,

Not indulging in pleasures

Being without pleasure and pain

is

## **Middle Path – Samyag**



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