



Duka

Human Beings Desire

Tika

Dr.Nuarhnwan Punwasuponchat

Happiness



❖ There are **three causes** or ways for deriving the happiness of human beings;

- 1. Knowledge
- 2. Occupation
- 3. Dhamma or morality



Causes of Happiness



1. Knowledge



2. Occupation

considered as **main causes**

good **knowledge** → get a good **occupation**

good **occupation** → causes **property**

good **occupation** → **property** → all the things

left **morality** → could not get real **happiness**

Leaving **morality** → produces **a lot of problems**

3. Morality

in human society

harm & kill / vengeful and destroy / **unhappiness**

DhammaCari **Sukham Seti** Asmim Loke Paramhi Ca

- "The person who always go on Dhamma practice **will be happy in this world and other world.**"
- Dhamma :
 - Duka = Group 2
 - Tika = Group 3



Two Virtues of Great Assistance (Bahukara Dhamma)

- **1. Mindfulness (Sati)**

- to think of/ over before doing or speaking



- **2. Clear comprehension (Sampajanna)**

- awareness,
 - to know throughout what you are doing or speaking

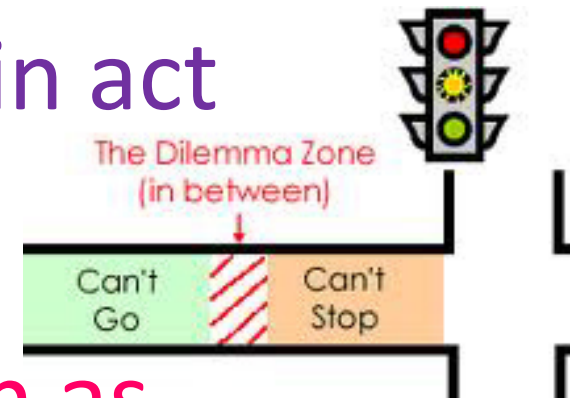
D.III.273;
A.I.95.



Duka

Two Virtues That Protect the World (Lokapala Dhamma)

- **1. Moral shame (Hiri)**
 - the feeling of mind with out of evil conduct such as evil conduct in act
- **2. Moral dread (Ottappa)**
 - the fright of evil conduct such as evil conduct in act
 - abstain from doing evil and keep themselves in purity

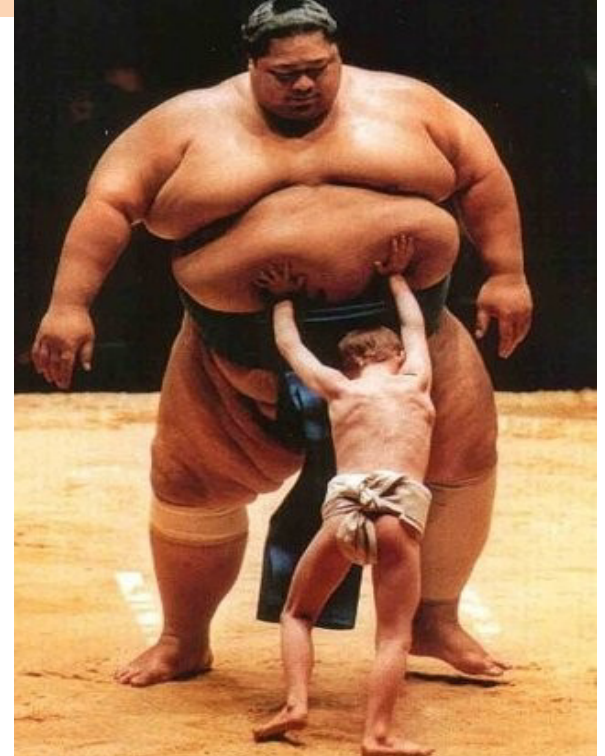


A.I.51; It.36

Duka Two Gracing Virtues (Sobhanakarana Dhamma)

- **1. Khanti (tolerance)**
 - can be patient, not defeated by being cold, hot, hungry, thirsty, suffering from illness, injuries etc.
- **2. Soracca(modesty)**
 - being usual as being,
out of seeing , hearing,
cold, heat etc.

A.I.51; It.36



Duka Two Rare Persons (Dullabha-puggala)



- **1. Pubbakari:**

- One who is first to do a favour

- **2. Katannukatavedi :**

- One who is grateful and repays the done favour



Duka

Nibbāna 2 : Nirvāna



It.38.

1. Saupādisesa - nibbāna :

- Nibbāna with the substratum of life remaining

2. Anupādisesa - nibbāna :

- Nibbāna without any substratum of life remaining

Three Ratanas (Triple Gem)

Kh.1.

- 1. One who taught society to do good conduct in act, in word and in thought according to Dhammavinaya said Buddhism, is called **“The Buddha”**
- 2. Dhammavinaya that is the Buddha's Teaching is called **“Dhamma”**
- 3. The people who believe Buddha's Teaching and follow it is called **“Sangha”**



Tika

Three Admonitions or Exhortations of the Buddha

(Buddha-ovāda 3) D.II.49; Dh.183

- **1. To abstain from bad conduct;** bodily verbal and spiritual evil conduct (Sabbapāpassa akaraṇaṃ = not to do any evil)
- **2. To do good conduct;** the bodily, verbal and spiritual good conduct. (Kusalassūpasumpadā)
- **3. To purify one's mind** of defilement such as greed, anger and delusion
(Sacittapariyodapanam = to purify the mind)

Tika

Three Evil Conducts

(Akusala-kamma patha/Unwholesome course)



- 1. **Bodily evil** conduct is called Kayaducarita.
- 2. **Verbal evil** conduct is called Vaciducarita.
- 3. **Mental evil** conduct is called Manoducarita .

Three Bodily Evil :

1. Killing (Pānātipāta)
2. Taking what is not given (Adinnādāna)
3. Sexual misconduct (Kāmesumichācāra)

Four Verbal Evil

1. False speech (Musāvāda)
2. Malicious speech (Pisunāvācā)
3. Coarse speech (Pharusavācā)
4. Frivolous speech (Samphapalāpa)

Three Mental Evil

1. Avarice (Albhijja)
2. Illwill (Byapada)
3. False View (Micchaditthi)

Tika

Three Good Conducts

(Kusala-kamma patha / Wholesome course)

- 1. Good conduct in *act* is called "*KayaSuccarit*"_3 (Bodily action)
- 2. Good conduct in *words* is called "*VaciSuccarita*"_4 (Verbal action)
- 3. Good conduct in *thought* is called "*ManoSuccarita*"_3 (Mental action)



Tika

Three Good Conducts

(**K**usala-kamma patha / **W**holesome course)



Three Good Conducts in **Act**

- 1. Abstaining from **killing**.
- 2. Abstaining from **taking what is not given**.
- 3. Abstaining from **sexual misconduct**.



Four Good Conducts in **Words**

- 1. Abstaining from **false** speech.
- 2. Abstaining from **malicious** speech.
- 3. Abstaining from **coarse** speech.
- 4. Abstaining from **frivolous** speech.



Three Good Conducts in **Thought**

- 1. Non-greed
 - 2. Non-hatred
 - 3. Non-delusion
- 3 Succarita (good conduct) is the activity worth doing and conducting.

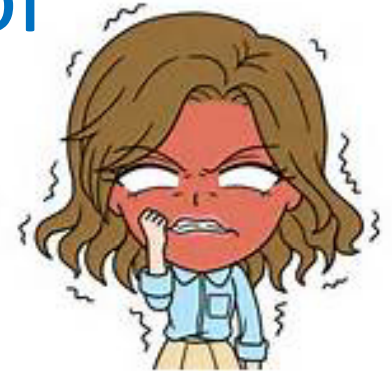
Tika

Three Akusalamula

(Three Roots of **Bad** Actions)



- **The roots of bad actions = "Akusala-mula"**
- are of 3 kinds: 1. greed (Lobha) 2. anger (Dosa) and 3. delusion (Moha)
- When all these three unwholesomes or anyone of them occurs in mind, **other unwholesomes will occur.**
- The one occurred will be grown so they are called "Akusala-mula, the roots of bad actions **you are taught to leave them.**



Tika

Three Kusalamula

(Three Roots of Good Actions)



- **The roots of good action = (Kusala-mula)**
- are of three kinds; 1. Alobha (Non-greed), 2. Adosa (Non-anger) and 3. Amoha (Non-delusion).
- When all these **three wholesomes** (good actions) or anyone of them occurs in mind, the other ones will occur.
- The one occurred will be grown. Therefore they are called "**Kusalamula**, the roots of good actions.
- **You are taught to make them occur in mind continuously.**



Tika

Three PunnaKiriyaavatthu

(Three bases of meritorious action)

- 1. **Danamaya**; the meritorious action consisting in giving
- 2. **Silamaya**; the meritorious action consisting in observing the precepts
- 3. **Bhavananaya**; the meritorious action consisting in mental development





Human Beings Desire

From ...MCU Elementary Dhamma Book

Thank You



• *Dr Nuarhnwan Punwasuponchat*