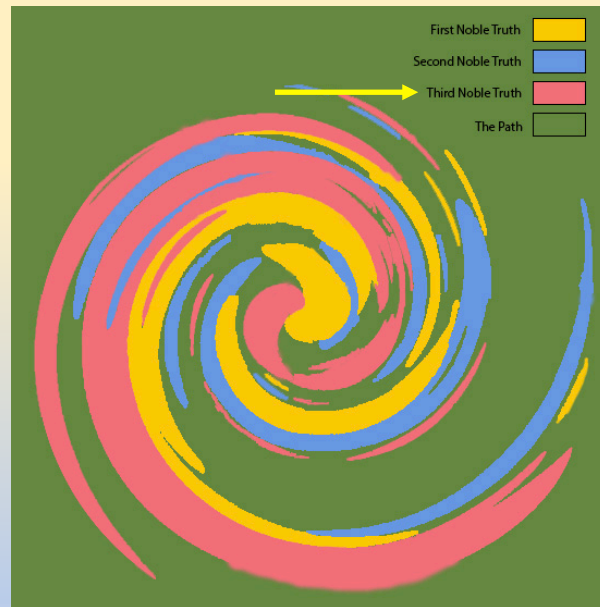


Dhamma Map Three

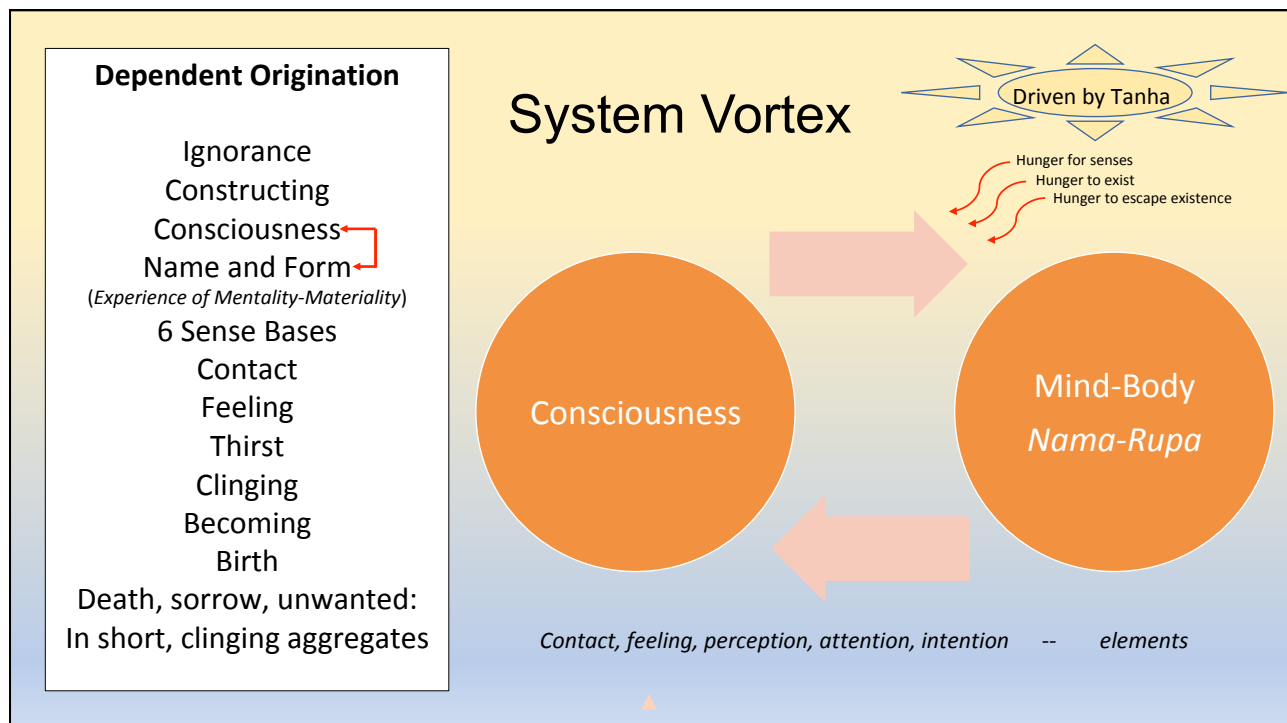
Fully living these holographic teachings

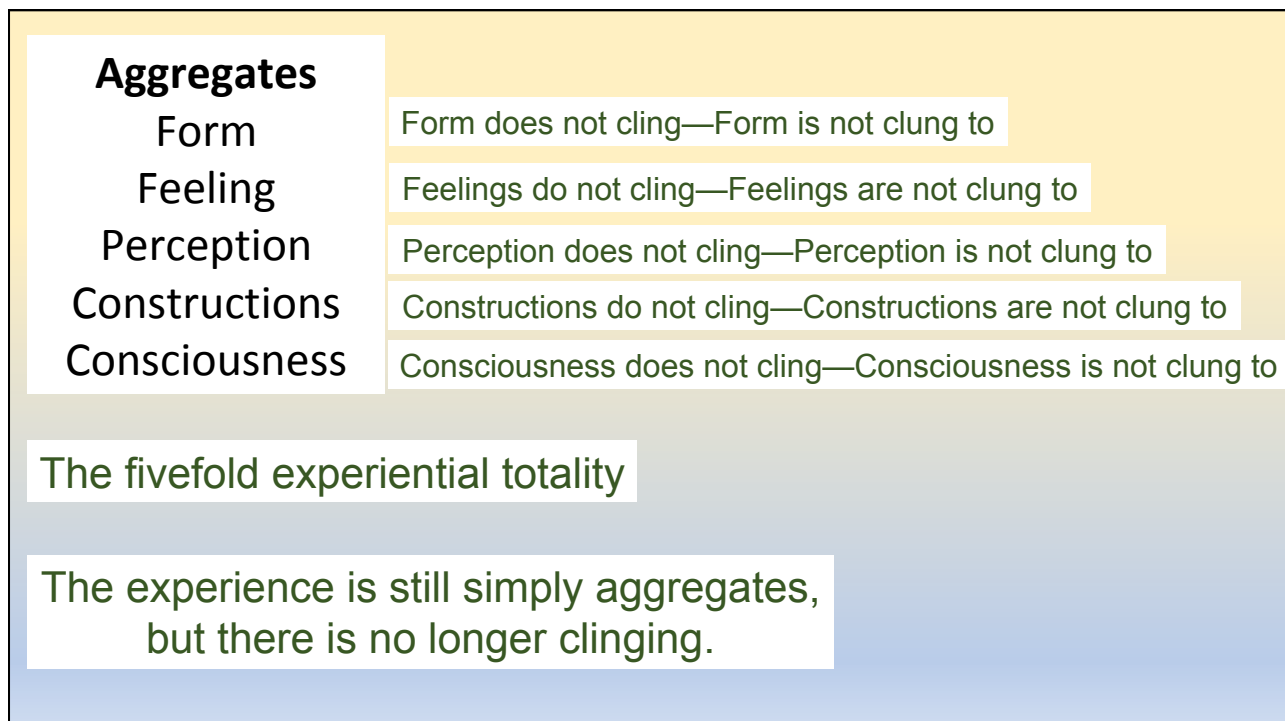
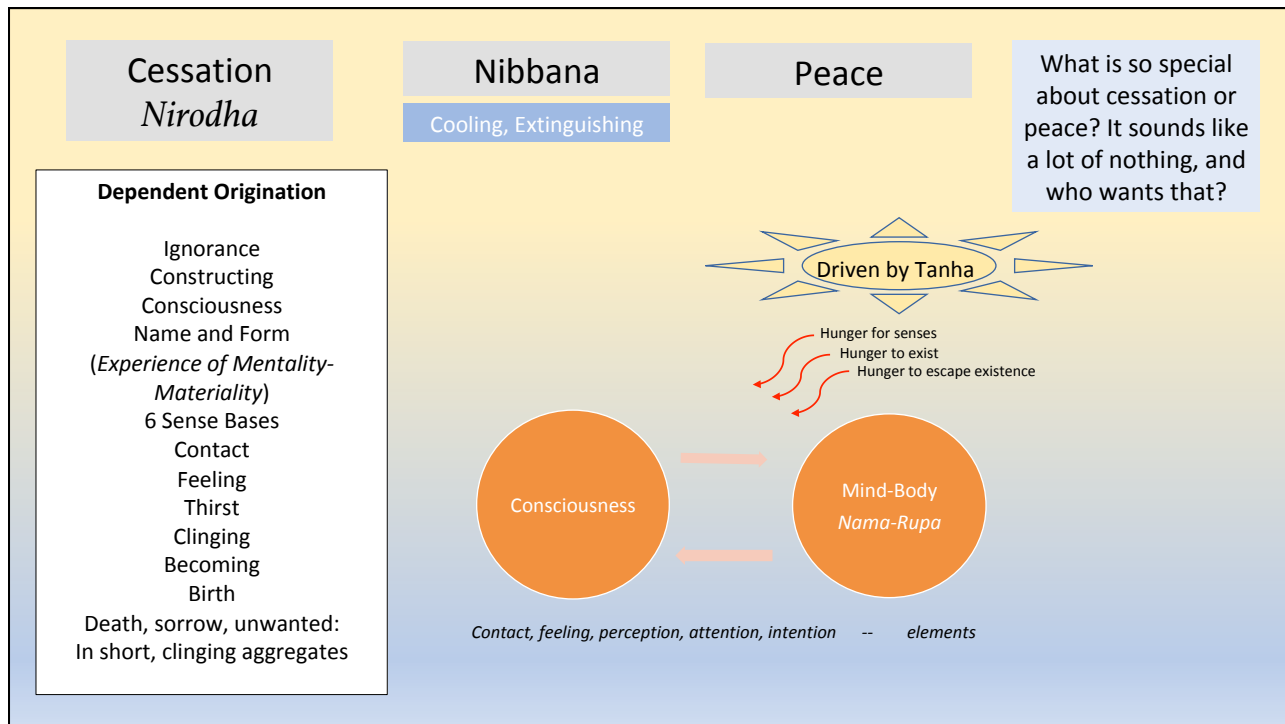


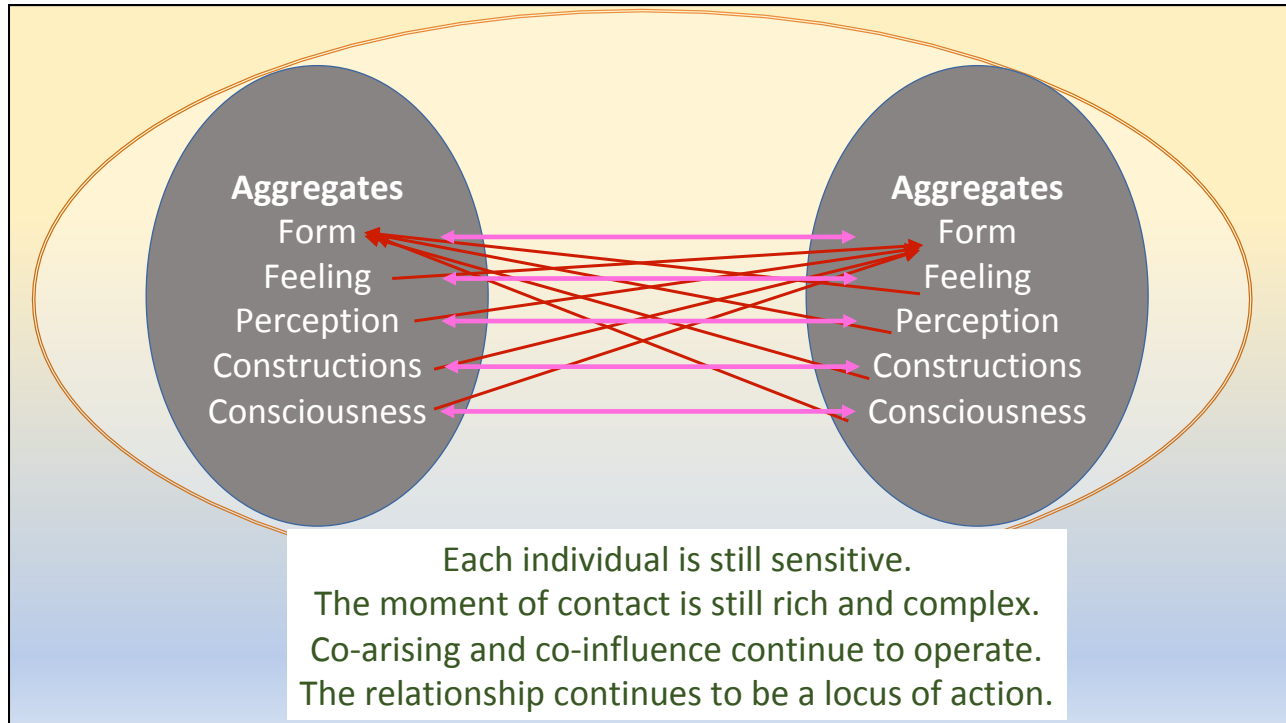
Third Noble Truth Cessation

“And this, monks, is the noble truth of the cessation of dukkha: the remainderless fading & cessation, renunciation, relinquishment, release, & letting go of that very hunger.”

Remain mindful of the holistic nature of release, which simultaneously shapes individual, relational and social life.







What is the tenor of such a life?

dispassion, not to passion;
to being unfettered, not to being fettered;
to shedding, not to accumulating;
to modesty, not to self-aggrandizement;
to contentment, not to discontent;
to seclusion, not to entanglement;
to aroused persistence, not to laziness;
to being unburdensome, not to being burdensome

“You may categorically hold,
‘This is the Dhamma, this is the Vinaya, this is the Teacher's instruction.’”

Brahma Viharas: Relational Factors of Awakening

In the absence of becoming and self-absorption → Unbounded friendliness and care

The spacious mind and open heart of metta → Unbounded compassion

The open heart receives all → Unbounded appreciative joy

Living a fully related life → Unbounded related equanimity

All of these illimitable qualities are liberating (path) and liberated (fruit)

Each and all of them manifest individually, relationally, and socially

The Defilements (*Kilesa*)

In the absence of greed → Generosity naturally manifests

In the absence of aversion → Unbounded availability and friendliness

In the absence of delusion → The conditions arise for seeing things
as they actually are

Sallekha Sutta

Discourse on Effacement

1 cruel 2 kill 3 take what is not given 4 uncelibate 5 speak falsehood 6 speak maliciously
7 speak harshly 8 gossip 9 covetous 10 ill will 11 wrong view 12 wrong intention
13 wrong speech 14 wrong action 15 wrong livelihood 16 wrong effort
17 wrong mindfulness 18 wrong concentration 19 wrong knowledge 20 wrong deliverance
21 sloth and torpor 22 restless 23 doubters 24 angry 25 resentful 26 contemptuous
27 insolent 28 envious 29 avaricious 30 fraudulent 31 deceitful 32 obstinate 33 arrogant
34 difficult to admonish 35 bad friends 36 negligent 37 faithless 38 without conscience
39 no fear of wrongdoing 40 be of little learning 41 lazy 42 unmindful 43 lack wisdom
44 adhere to their own views, hold on to them tenaciously, and relinquish them with difficulty

Sallekha Sutta

Discourse on Effacement

malicious	harsh	covetous	ill will	angry	resentful
contemptuous	insolent	envious	avaricious		
fraudulent	deceitful	obstinate	arrogant		
difficult to admonish	bad friends	negligent			
without conscience	no fear of wrongdoing				
of little learning	lazy	adhere to their own views			

Sallekha Sutta

Discourse on Effacement

helpful gentle generous kind loving joyful
respectful humble content generous
genuine honest flexible unconceited
easily admonished good friends diligent
contrite morally careful
learned energetic open-minded

This is beginning to sound a lot like the paramita:

Generosity Virtue Renunciation Wisdom Energy Patience
Truthfulness Determination Goodwill Equanimity

In the absence of ignorance of things as they actually are
And the rigidity born of self-absorption...

The body-mind ceases to resist
Impermanence, suffering, and not-self

