

D H A M M A M I N D M A P H A N D B O O K

THE PATH OF INSIGHT & PRACTICE

Meditation Island - Koh Phaluai

A non-profit initiative under the
Makkanuka Foundation

TABLE OF CONTENTS

The Noble Eightfold Path (Ariya Aṭṭhaṅgika Magga)	1
<hr/>	
The Four Noble Truth (Cattāri Ariyasaccāni)	4
<hr/>	
The Five Aggregates (Khandha 5)	6
<hr/>	
Mindfulness of Breathing (Ānāpānasati)	8
<hr/>	
The Three Characteristics of Existence (Tri-lakkhaṇa)	10
<hr/>	
Dependent Origination (Paṭicca-samuppāda)	13
<hr/>	
The Four Foundations of Mindfulness (Satipaṭṭhāna)	16
<hr/>	



มรรคมีองค์ 8

(THE NOBLE EIGHTFOLD PATH)



(ARIYA AṬṬHAṄGIKA MAGGA)



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The Noble Eightfold Path

Core Category	Pali Name	English Name	Explanation
WISDOM Paññā (ปัญญา)	Sammā-diṭṭhi	Right Understanding	Seeing reality clearly; understanding the Four Noble Truths
	Sammā-saṅkappa	Right Intention	Intentions of renunciation, loving-kindness, and non-harming
MORALITY Sīla (ศีล)	Sammā-vācā	Right Speech	Avoiding lying, divisive speech, harsh words, and gossip
	Sammā-kammanta	Right Action	Abstaining from killing, stealing, and sexual misconduct
	Sammā-ājīva	Right Livelihood	Earning a living without causing harm
CONCENTRATION Samādhi (สมาธิ)	Sammā-vāyāma	Right Effort	Preventing and abandoning unwholesome states; cultivating wholesome ones
	Sammā-sati	Right Mindfulness	Present-moment awareness of body, feelings, mind, and phenomena
	Sammā-samādhi	Right Concentration	Deep meditative absorption (jhāna) จhana



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The Noble Eightfold Path:

8 Threads Twined into One Rope

The Noble Eightfold Path is not a linear sequence, but an integrated system – a Unity.

All eight factors must be cultivated together. None stands in isolation. Each supports and strengthens the others.

Imagine a braided rope made of eight golden strands.

- Each thread reinforces the rest.
- Pull one, and the others move with it.
- Let one go, and the whole rope weakens.



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อริยสัจ 4 (THE 4 NOBLE TRUTHS)

(CATTĀRI ARIYASACCĀNI)



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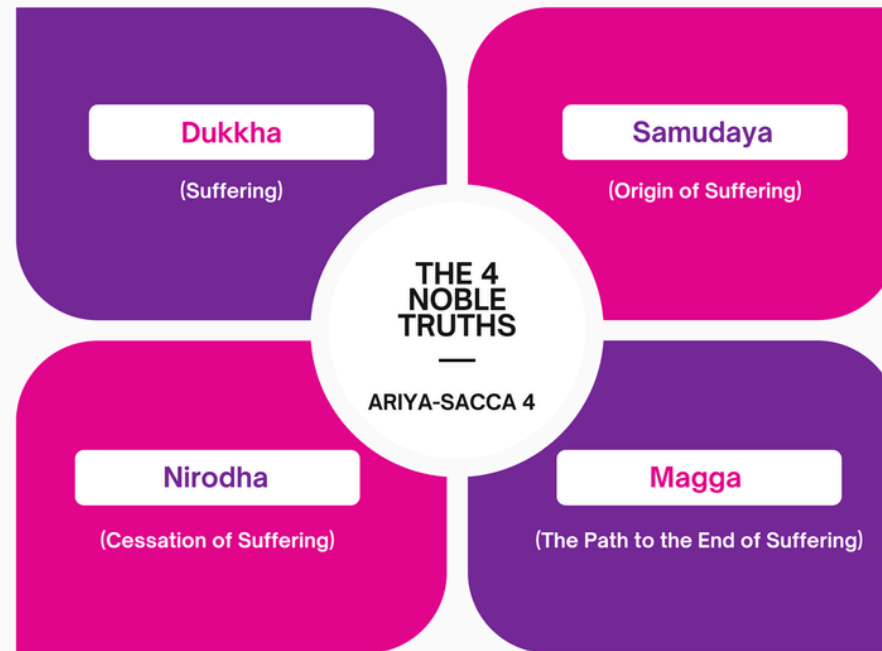
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THE FOUR NOBLE TRUTHS



Suffering> Origin of Suffering> Cessation of Suffering> The Path to the End of Suffering



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ขั้น 5

FIVE AGGREGATES



(THE FIVE KHANDHAS)



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Khandhas 5 (Five Aggregates)

Rūpa

Form

the body and
physical
matter

Vedanā

Feeling

sensations,
pleasant,
unpleasant, or
neutral

Saññā

Perception

recognition and
labeling

Saṅkhāra

**Mental
Formations**

intentions,
habits, and
volitions

Viññāṇa

Consciousness

awareness of
these
processes



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7



อานาปานสติ MINDFULNESS OF BREATHING

(ĀNĀPĀNASATI)



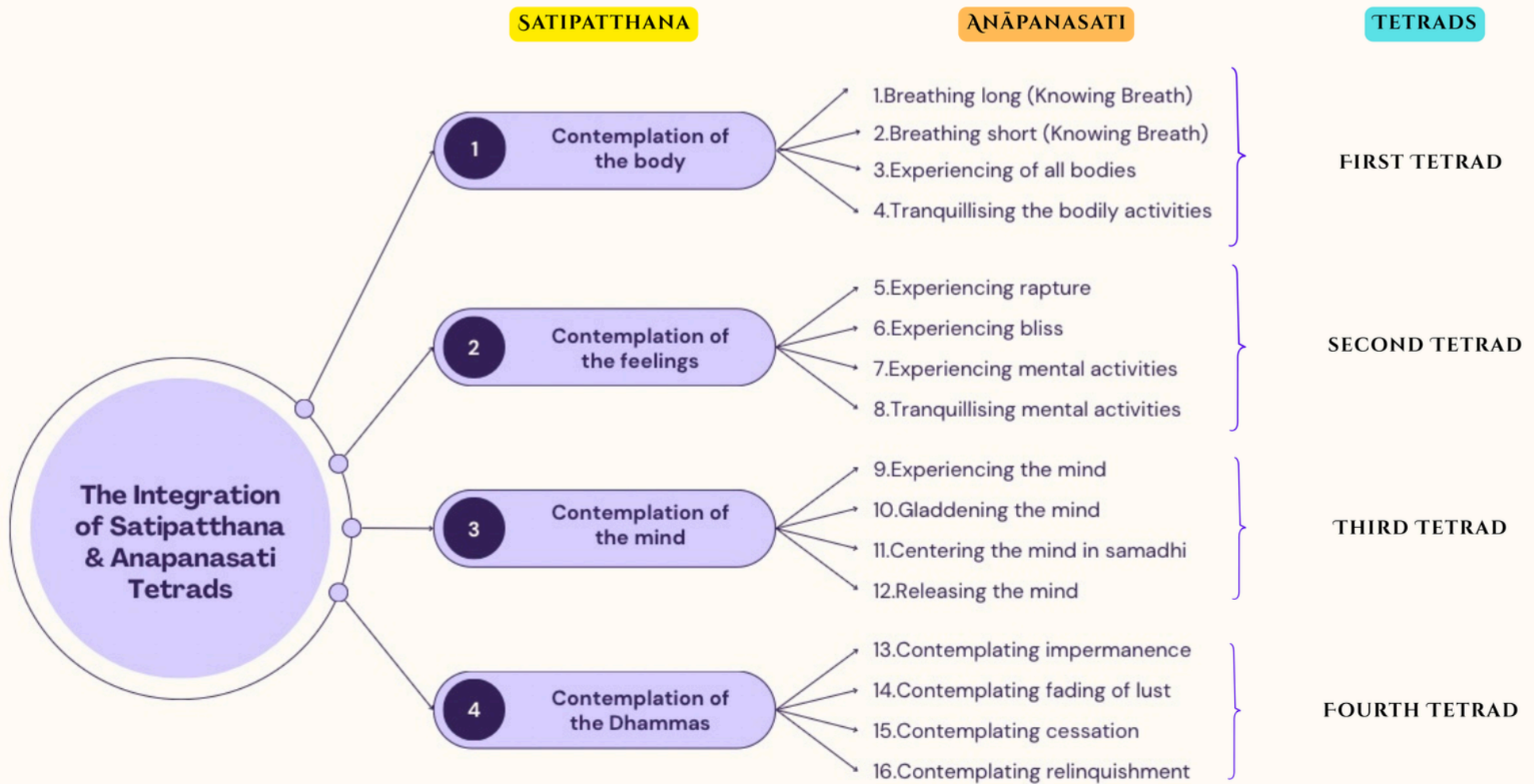
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ไตรลักษณ์ (THREE CHARACTERISTICS OF EXISTENCE)



(TRI LAKKHAṆĀ)



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The Three Characteristics of Existence

PAGE 11

Impermanence
(Anicca)

Suffering
(Dukkha)

Non-Self
(Anattā)



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The Three Characteristics of Existence (*Tilakkhaṇa*)

Pāli Term	English Translation	Meaning
Anicca	Impermanence	All things are in a constant state of change. Nothing lasts forever.
Dukkha	Suffering / Unsatisfactoriness	All conditioned things are ultimately unsatisfying.
Anattā	Non-Self	There is no unchanging, permanent self in any phenomenon.



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ปฏิจจสมุปบาท (THE 12 LINKS OF DEPENDENT ORIGINATION)



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THE 12 LINKS OF DEPENDENT ORIGINATION (Paticca Samuppāda)



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No.	Pāli Term	English Term	Simple Meaning	How It Works
1	Avijjā	Ignorance	Not understanding the truth (4 Noble Truths)	Root of suffering; not seeing things as they are
2	Saṅkhāra	Volitional Formations	Mental impulses, karmic habits, intentions	Conditioned thoughts/actions shaped by ignorance
3	Viññāṇa	Consciousness	Sense of “I” or awareness (pre-identity)	Rebirth-linking consciousness arising due to past karma
4	Nāma-rūpa	Name-and-form	Mental & physical existence (mind + body)	The mind-body organism comes into being
5	Saḷāyatana	Six Sense Bases	Eyes, ears, nose, tongue, body, and mind	The body-mind system perceives the world
6	Phassa	Contact	Meeting of sense object, organ, and consciousness	When you see, hear, touch, taste, etc.
7	Vedanā	Feeling	Sensations: pleasant, unpleasant, or neutral	Every contact gives rise to feeling
8	Taṇhā	Craving	Wanting: to have, not have, or to become	Feeling leads to desire — grasping or avoiding
9	Upādāna	Clinging	Attachment; holding tightly	Craving deepens into identification and possessiveness
10	Bhava	Becoming	Process of becoming something	Momentum toward a new identity or existence
11	Jāti	Birth	Arising of “me”; new birth	New existence arises — psychologically or literally
12	Jarā-maraṇa	Aging and Death	Decay, death, sorrow, lamentation, suffering	Inevitable suffering of conditioned existence



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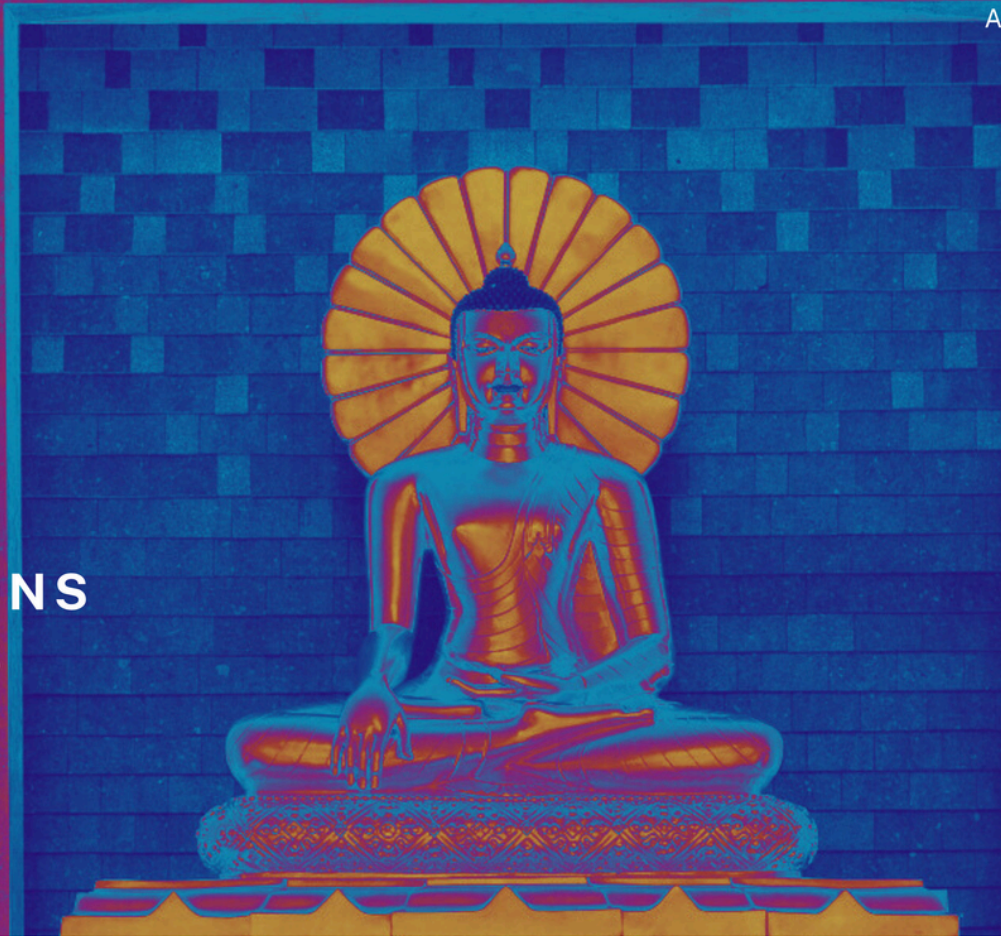
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สติปัฏฐาน 4

FOUR FOUNDATIONS OF MINDFULNESS



(SATIPATṬHĀNA)



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Four Foundations of Mindfulness

Satipaṭṭhāna / สติปัฏฐาน 4

Body

01

(Kāyānupassanā)

Mindfulness of breathing, posture, and bodily activities

Feelings

02

(Vedanānupassanā)

Observing sensations: pleasant, unpleasant, or neutral

Mind

03

(Cittānupassanā)

Observing the state of the mind: calm, agitated, distracted, or concentrated.

**Mental Objects /
Dhammas**

04

(Dhammānupassanā)

Observing phenomena like the Five Aggregates, the Four Noble Truths, craving, and impermanence.



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