

Handful of Leaves

A Framework for Learning and Practicing the Dharma

Version 6.24.24

Guiding Aspirations	The Path As Refuge	Cultivate Wholesome Mind-States		Transform Unwholesome Mind-States	Domains of Contemplation		How to Contemplate	Liberating Insights
Aspiration For Awakening (bodhicitta)	3 Refuges	Appreciative Joy (Mudita)	Compassion (Karunā)	Universal Unwholesome	Absolute Truth (Paramartha-satya)	Attention (Manasikāra)	Arising / Passing (Samudaya / Vaya)	Dependent Origination (Paticca-Samuppada)
Bodhisattva Vows (Pranidhāna)	Buddha Nature	Concentration (Samādhi)	Conscience / Fear of Doing Wrong (Ottappa)	Delusion (Moha)	Becoming / Existence (Bhava)	Birth (Jati)	Bare Knowledge + Continuous Mindfulness (Nānamattāya Paṭissattimattāya)	Emptiness (Suññatā)
Great Action (Ati-Kamma)	Dharma	Desire / Zeal (Chanda)	Disenchantment (Nibbida)	Fearless of Wrong Doing (Anottappa)	Body (Kāya)	Clinging (Upādāna)	Clear Knowing (Sampajāna)	Impermanence (Anicca)
Great Compassion (Ati-Karunā)	Sangha	Discrimination (Vimamsa)	Emancipation (Vimutti)	Restlessness (Uddhacca)	Consciousness (Viññāna)	Contact (Phassa)	Concentrated (Samādhi)	Not-Self (Anatta)
Great Wisdom (Ati-Paññā)	Wisdom Path Factors (Paññā)	Energy (Viriya)	Equanimity (Upekkha)	Shamelessness (Ahiriṅka)	Craving / Desire (Taṇhā)	Cycle of Habitual Conditioning (Samsara)	Diligent (Energy) (Ātāpī / Viriya)	
Liberation (Nibbāna)	Right View (Sammā Diṭṭhi)	Faith (Saddhā)	Generosity (Dana)	Rooted In Greed (Lobha)	Decision (Adhimokkha)	Dependent Nature (Paratantra-Svabhāva)	Free from Desires & Discontent (vineyya abhijjhādomanassa)	
Well-being for Self and Others (Sukhāya Hitāya Athhāya)	Right Intention (Sammā Sankappa)	Goodwill / Integrity / Health (Sila)	Happiness (Sukha)	Conceit (Māna)	Dharma (Dhamma)	Dukkha (Dukkha)	Independent and without Clinging (Anissito Ca Viharati, Na Ca Kiñci Loke Upādiyati)	
	Sila Path Factors (Sila)	Investigation (Vicaya)	Joy (Pīṭi)	Greed (Lobha)	Ego-Clinging (Manas)	Feeling (Vedanā)		
	Right Speech (Sammāvācā)	Letting Go / Renunciation (Nekkhamma)	Lightness (Lahutā)	Wrong view (Diṭṭhi)	Four Noble Truths (Cattāri Āryasaccāni)	Formations (Sankhara)		
	Right Action (Sammā kammanta)	Loving-Kindness (Metta)	Malleability / Openness (Mudutā)	Rooted In Hatred (Dosa)	Imaginary Nature (Parikalpita-Svabhāva)	Initial Thought (Vitakka)		
	Right Lifestyle (Sammā-Ājiva)	Mindfulness (Sati)	Non-Aversion (Adosa)	Avarice (Macchariya)	Karma (Kamma)	Life Faculty of Mind (Jivitindriya)	Internal / External (Ajjhata / Bahiddhā)	
	Development Path Factors (Samādhi)	Non-greed (Alobha)	Patience (Khanti)	Aversion / Hatred (Dosa)	Luminous Mind (Rigpa / Pabhassara Citta)	Mental Proliferation (Papaṇca)	Mindful (Sati)	
	Right Effort (Sammā-Vāyāma)	Proficiency (Pāguṇātā)	Rectitude (Ujukatā)	Envy (Issā)	Mind (Citta)	Mind & Form (Nama-Rūpa)		
	Right Mindfulness (Sammā-Sati)	Shame / Modesty (Hiri)	Spiritual Urgency (Samvega)	Worry / Regret (Kukkucca)	Mind Consciousness (Mano-Viññāna)	One-Pointedness (Ekaggatā)		
	Right Concentration (Sammā-Samādhi)	Tranquility (Passaddhi)	Truthfulness (Sacca)	Others	Perception (Saññā)	Relative Truth (Samvrti-satya)		
		Wieldiness / Adaptability (Kammaññatā)	Wisdom (Paññā)	Doubt (Vicikicchā)	Six-Senses & Objects (Saḷāyatana)	Storehouse Consciousness (Ālaya-Vijñāna)		
				Sloth (Thīna)	Sustained Thought (Vicāra)	True Nature (Parinīṣpanna-Svabhāva)		
				Torpor (Middha)	Volition / Intention (Cetanā)			

