



# **Buddhism By The Numbers: An Introduction to the Ancient and Ever-Vital Teachings of the Buddha**

*Matthew Meghaprasara*

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# **Buddhism By The Numbers: An Introduction to the Ancient and Ever-Vital Teachings of the Buddha**

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BUDDHISM BY THE NUMBERS is a new introduction to the ancient and ever-vital Teachings of the Buddha.

BUDDHISM BY THE NUMBERS presents some of the most interesting, important, uplifting and key elements of the Buddha's authentic teachings as maintained by the Theravada tradition--which men and women have turned to for over 2,500 years in order to discover the Buddha's good news and to find practical guidance on how to lead an ethical life, find redemption, end suffering, and attain happiness.

Inside, find explanations of:

- Zero Self
- One Goal
- One Smile
- One Stain Above All Stains
- One Taste
- One Time for Living the Holy Life
- One Virtue Above All Virtues
- Two Elements
- Two Seclusions
- Three Attainments
- Three Baskets
- Three Characteristics of a Fool
- Three Evils
- Three Floods
- Three Functions of Kamma
- Three Intoxicants
- Three Jewels
- Three Noble Disciplines
- Three Marks of Existence
- Three Messengers
- Three Spheres
- Three Types of Wisdom
- Three Ways
- Four Encounters
- Four Components of Spiritual Powers
- Four Elements
- Four Floods
- Four Forbidden Questions
- Four Formless Jhanas
- Four Forms of Loss

- Four Intoxicants
- Four Meditative Ecstasies
- Four Noble Truths
- Four Pilgrimages
- Four Powers
- Four Right Efforts
- Four Rules of the Conditionality of Existence
- Four Stages of Enlightenment
- Four Streams of Happiness
- Four Truths of the World
- Four Vehicles
- Fourfold Way to Establish Mindfulness
- Five Achievements
- Five Achievements that are Unachievable
- Five Aggregates
- Five Arrows
- Five Bases for Spiritual Progress
- Five Benefits of Walking
- Five Cords of Sense Pleasure
- Five Fates
- Five Forms of Self Interest
- Five High Fetters
- Five Hindrances
- Five Low Fetters
- Five Mental Faculties
- Five Mental Fetters
- Five Moral Precepts
- Five Powers
- Five That Cling
- Five To Develop
- Five Types of Speech
- Six Abhinna
- Six Buddhist Councils
- Six Elements
- Six False Doctrines
- Six Sense Bases
- Six Sense Organs
- Six Senses
- Seven Latent Tendencies
- Seven Factors of Enlightenment
- Seven Powers
- Seven Treasures
- Eight Moral Precepts
- Eight Pleasing Things
- Eight Worldly Extremes
- Eightfold Path
- Nine Stages of Deliverance
- Nine Understandings
- Ten Contemplations

- Ten Fetters of Becoming
- Ten Moral Precepts
- Ten Obstacles
- Ten Perfections
- Ten Powers of the Buddha
- Ten Questions
- Tenfold Path
- Eleven Benefits of Loving Kindness
- Eleven Faces of Ignorance
- Twelve Nidanas
- Sixteenfold Breathing Meditation
- Twenty-Nine Admirable Qualities of the Buddha
- Thirty-Two Marks of the Buddha
- Thirty-Seven Enlightenment Dhamma
- 10,000 World Systems
- Endless Samsara

**ABOUT THE AUTHOR:** MATTHEW MEGHAPRASARA is a practicing Buddhist, runs NewGuide.org, and is the author, editor or translator of a number of books, including:

- New Guide to the Tipitaka: A Complete Reference to the Pali Buddhist Canon
- The Parallel Dhammapada: Original Pali Text & Four Translations

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