

Numerical Discourses of the Buddha (NDB), texts 1-11, pp. 33-40

Text no., name (sutta no.), & pages in NDB	Additional English translations	Supplemental material
<p>1. No Other Form (AN 1:1-10), p. 33</p>		<p>Five cords of sensual pleasure (<i>kāmāguṇā</i>): definition: ATI glossary. AN 6:63: Thanissaro; NDB text 131, pp. 170-75. MN 13: Thanissaro; ITBW text VI,3, pp. 193-99. SN 36:6: Nyanaponika; Thanissaro; ITBW text I,2(1), pp. 31-32.</p>
<p>2. Abandoning the Hindrances (AN 1:11-20), pp. 34-35</p>		<p>Hindrances (<i>nīvaraṇā</i>): definitions: BD; Wikipedia. AN 5:193: NDB text 111, pp. 142-145. SN 46:51: Thanissaro. essay: The Five Mental Hindrances and Their Conquest, Nyanatiloka 1993. Proper (wise, or appropriate) attention (<i>yoniso manasikāra</i>): definitions: BD; BV glossary; NDB, n. 10, p. 277. AN 3:68: Thanissaro; NDB text 37, pp. 67-68.</p>
<p>3. The Mind – I (AN 1:21-30 & 31-40; selected), p. 35</p>	<p>Thanissaro (AN 1:21-40) Woodward (AN 1:31-34, 39-40)</p>	<p>Mind (<i>citta</i>) definition: BV glossary. Mental development (<i>bhāvanā</i>) definitions: BV glossary; Wikipedia.</p>
<p>4. The Mind – II (AN 1:48, 51, 52), p. 36</p>	<p>Thanissaro (AN 1:48) Thanissaro (AN 1:49-52)</p>	<p>Luminous (<i>paḥassaraṃ</i>) explanations: Thanissaro, note 1, ATI; NDB, n. 13, p.278.</p>
<p>5. Loving-kindness (AN 1:53-55), p. 36</p>		<p>Loving-kindness (goodwill) (<i>mettā</i>): definition: BV glossary. SN 42:8: Thanissaro.</p>
<p>6. Mind Is the Forerunner (AN 1:56-59), p. 36</p>		<p>“Mind as their forerunner” (<i>manopubbaṅgamā</i>): explanation: NDB, n. 15, p. 278. Dhp 1-2: Buddharakkhita. Wholesome (skillful) (<i>kusala</i>) definition: BV glossary. Diligence (heedfulness) (<i>appamāda</i>): definitions: ATI glossary; NDB, n. 16, p. 278. AN 10:15: Thanissaro; NDB text 186, pp. 240-41.</p>
<p>7. The Highest Gain (AN 1:76-81), p. 37</p>		<p>Wisdom (<i>paññā</i>) definitions: BV glossary; BD.</p>
<p>8. One Person (AN 1:170, 174, 175-86), p. 37</p>		<p><i>Tathāgatha</i>: definitions: BV glossary; NDB, n. 17, p. 278. AN 4:23: NDB text 54, pp. 83-84. See NDB, n. 18, p. 278 for explanations of various terms in this sutta, as well as AN 6:30 (NDB text 120, pp. 156- 58).</p>
<p>9. Impossible (AN 1:268-70), pp. 37-38</p>		<p>Formations (conditioned phenomena) (<i>saṅkhārā</i>) definitions: ATI glossary; BV glossary; NDB, n. 19, p. 279. SN 22:59: Mendis; ITBW text IX,4,(1)(c), pp. 341-42. Dhp 277-79: Buddharakkhita.</p>
<p>10. Few Are Those Beings (AN 1:334-47; selected), p. 38</p>		<p>Dhamma and Discipline (<i>dhamma-vinaya</i>): definitions: ATI glossary; BV glossary; NDB, pp. 12-13. AN 8:19: NDB text 157, pp. 202-205.</p>
<p>11. Mindfulness Directed to the Body (AN 1:575-627; selected), p. 38-40</p>		<p>Mindfulness directed to the body (<i>kāyagatā-sati</i>): definitions: ATI glossary; BV glossary; NDB, n. 24, p. 279. SN 43:1-44: ITBW text IX,5(2), pp. 364-65. MN 118: Thanissaro. MN 10: Thanissaro.</p>

Abbreviations:

- AN Aṅguttara Nikāya (Numerical Discourses).
- ATI *Access to Insight: Readings in Theravāda Buddhism* <<http://www.accesstoinsight.org/>>.
- BD Nyanatiloka, *Buddhist Dictionary: Manual of Buddhist Terms and Doctrines*, 4th rev. ed., Kandy, Sri Lanka: Buddhist Publication Society, 1980. Online version: http://www.palikanon.com/english/wtb/dic_idx.html.
- BV *Buddha Vacana: The words of the Buddha* <<http://www.buddha-vacana.org/inden.html>>.
- ITBW Bhikkhu Bodhi, trans. and ed., *In the Buddha's Words: An Anthology of Discourses from the Pāli Canon*, Boston: Wisdom Publications, 2005.
- MN Majjhima Nikāya (Middle Length Discourses).
- NDB Nyanaponika Thera and Bhikkhu Bodhi, trans. and ed., *Numerical Discourses of the Buddha: An Anthology of Suttas from the Aṅguttara Nikāya*, Walnut Creek, CA: Altamira Press, 1999.
- SN Saṃyutta Nikāya (Connected Discourses).