

Hello friends,

This coming Thursday we finish our study of the chapters of the threes. Below is the barest of summaries of the suttas. My hope is that conversation will be inspired by our individual interpretations and perspectives.

I would also like to remind us of Steve's helpful process when investigating these suttas.

1. Read it over once.
2. Discern what the text really seems to be saying, setting aside initial reactions or preconceptions. (It may be helpful to listen to scholarly interpretations, look up key words in glossaries, or find other suttas on similar themes.)
3. Reflect on the meaning of the sutta, being aware of any thoughts or feelings that arise
4. Practice with the sutta.

Also, many thanks to Steve for his supplemental information PDF.

For me coming out of a busy holiday season with family and friends, it is good to settle back into a rich routine of practice and study. I look forward to being with you all again in sangha.

with loving-kindness,
Jim

39. The Threefold Training (page 69)

Higher virtue, higher mind, higher wisdom

40. The Three Trainings and the Four Stages (page 70)

Higher virtue, higher mind, higher wisdom

Stream-enterer, once-returner, reborn spontaneously and attain final Nibbana [*Ed. non-returner*], taintless liberation of mind [*Ed. arahat*]

41. The Refinement of the Mind—1 (page 72)

Spiritual power, divine ear, divine eye [*Ed. my best guess*]

42. The Refinement of the Mind—2 (page 74)

Concentration, energetic effort, equanimity

43. Gratification, Danger and Escape—1 (page 75)

Gratification, danger, escape

44. Gratification, Danger and Escape—2 (page 76)

Gratification, danger, escape

45. Gratification, Danger and Escape—3 (page 76)

Gratification, danger, escape

46. At the Gotamaka Shrine (page 77)

Direct knowledge, good grounds, convincingly

47. Not a Secret Doctrine (page 77)

Affairs with women, hymns of the brahmins, wrong view

48. The Three Characteristics of Existence (page 77)

Formations are impermanent, formations are subject to suffering, all things are non-self

49. Happy Days (page 78)

Righteous by body, speech and mind during the morning, at noon, during the evening