

The Path to Nirvāna

Buddhist Spiritual Progress by the Eightfold Path:

Morality → Meditation → Insight → Enlightenment → Final Nirvana
shīla *dhyāna* *prajñā* *samyaksambodhi* *parinirvāna*

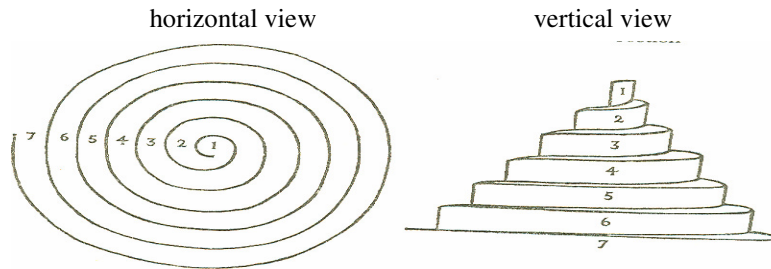
Eightfold Path

Right Action
 Right Speech Right Effort
 Right Livelihood Right concentration
 Right mindfulness Right Intention
 Right Views

Nirvāna: "All cogitation, all worry and rumination, all me-taking and mine-making as well as the penchant for conceit are extinguished, no longer desired, abandoned, stopped, no longer grasped." (*Mijjhima Nikāya* I, 486)
New karma ended. Eternal state of unindividuated bliss.

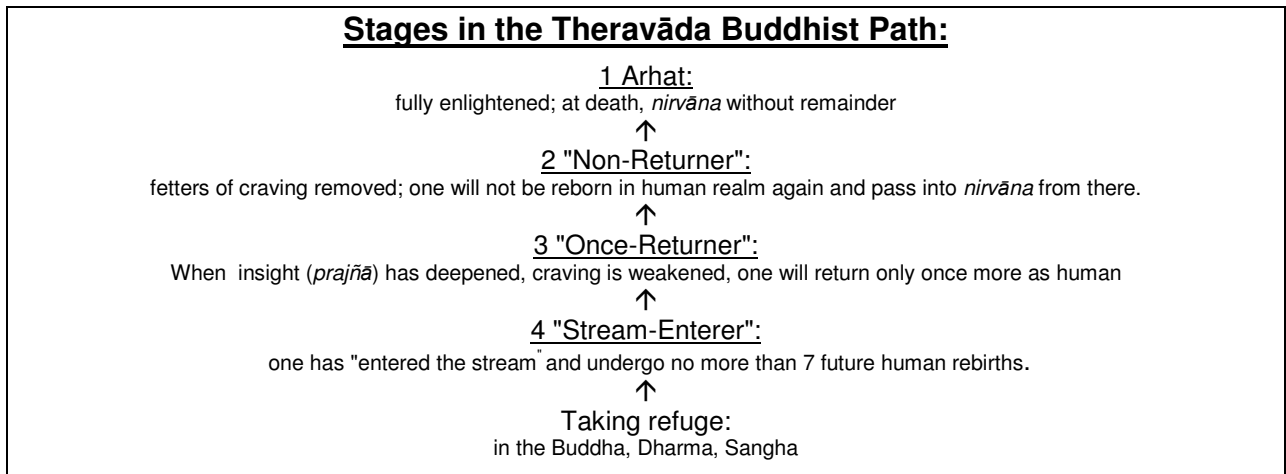


The Ethic of Successive Approximation: Varieties of Buddhist Life



- 1
parinirvāna (end of human life)
- 2
samyaksambodhi (complete enlightenment, fullness of *prajñā*)
- 3
prajñā deepens with clear comprehension, detachment
- 4
vipashyanā meditation that cultivates *prajñā* ("insight")
- 5
Sangha ordination
- 6
Going for Refuge, moral discernment
- 7
Practical Buddhism and folk religion

Stages in the Theravāda Buddhist Path:



Mahāyāna Buddhist Paradigm for Spiritual Progress:

Morality → Meditation → Insight → Enlightenment → Final Nirvana
shīla *dhyāna* *prajñā* *samyaksambodhi* ☸--*parinirvāna*

Eightfold Path

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↙
Bodhisattva Rebirths
 skillful compassion /detached insight

Vow to reach Enlightenment (*bodhicitta*)

Progress in the Pāramitās (Perfections)

Dāna → *shīla* → *kshānti* → *vīrya* → *dhyāna* → *prajñā* // *upāya* → *prañidhāna* → *bala* → *jñāna*
 giving moral patience effort meditation insight // skillful vow (to help powers understanding
 practice all beings) (to help)

[later texts]