

**Handout for Continued Practice: Recollection of the Buddha, Dharma and Sangha**  
***As taught by Venerable Bhikkhu Bodhi***  
***Provided by Lisa Tafolla for Monday morning sitting group.***

**The Recollection of the Buddha**

**Araham** – The worthy one, the liberated one. Worthy of respect and veneration of all human beings because they have fully purified their mind stream of unwholesome tendencies down to the root. Free from greed, hatred and dilusion. Liberated from the cycle of birth and death.

**Sammāsambuddho** - Fully enlightened one. The one who has arrived at and fully comprehended the ultimate truths of reality. The ultimate nature of all phenomenon. Wisdom has fully fathomed the ultimate nature of all dhammas.

**Vijjācarana sampanno** – The one who is possessed of clear knowledge and excellent conduct.

**Sugato** – The blissful one, the happy one. One who has arrived at the state of unshakable bliss and happiness.

**Lokavidu** – Knower of the world. One who has known and understands the multiple plains and rhelms of existence. Particularly the knower the domain of living beings. Understands the world of living beings. Who knows our mental dispositions, aptitudes, potentialities. Knower of the world of living beings.

**Anuttaro purisadammasārathi** – The unsurpassed trainer of persons to be tamed. One who has been able to tame, train and guide sometimes the most stubborn, obstinate, unruly, violent human beings. To guide them along to the right path to liberation.

**Sattha devamanussanam** – The teacher of the devas and human beings. The one who guides all capable living beings to the ultimate good.

**Buddho** – The enlightened one. The awakened one. Who enlightens and awakens others. Has awakened to the four noble truths. Who brings the light of wisdom into this world. The one who awakens sleeping human beings. Awakens them to the liberating truth.

**Bhagava** – The blessed one. Possessed of great, boundless lovingkindness and great compassion. The source, the fountain of boundless blessings for the world. The one who through his great lovingkindness and his great compassion serves as a source of blessings for the world. The one who spreads the waves of his blessings out upon the world.

## The Recollection of the Dharma

**Sanditthiko** – It is directly visible. We can see the principles for ourselves. In fact, it is something to be both seen and confirmed for ourselves.

**Akaliko** – It is immediately effective. As we practice, brings benefits right in this life itself.

**Ehipassiko** – It asks us to investigate and try for ourselves. It invites an investigation that we can see for ourselves. Come, examine and try it out. See how it works for ourselves.

**Opanayiko** – It is something pertinent to ourselves. We can apply it. It is applicable to life in the present situation.

**Paccattam veditabbo vinnuhi'ti** – Something to be personally realized by the wise. As we continue on the path of Dharma we see the ultimate truth of the teaching. It is realized by ourselves as our wisdom matures.

## The Recollection of the Sangha

**Supatipanno** – The buddha's order of disciples practicing **the good way**. Solidly grounded in **sila**. In virtuous, wholesome conduct, living disciplined in accordance with the precepts.

**Ujupatipano** – Practicing **the strait way**. Their minds are well established in **samadhi**. The practices leading to samadhi.

**Nayapantipano** – Practicing **the true way**. The way that accords with true principles. Have developed or are developing the wisdom of insight into the true nature of things. Their minds **richly endowed in wisdom**.

**Samicipatipanno** – Practicing **the proper way**. They have lived, or are living in accordance with all the **eight factors of the noble eightfold path**.