

Introduction to Abhidhamma

by Nalini Galmangoda
(Diploma in Theravada Buddhism, YMBA)



"The Highest gift all gifts is the gift of Dhamma"

-Lord Buddha-

Abhidhamma: A Short Introduction

- ✓ Abhidhamma means Special (Abhi) Doctrine(Dhamma).
- ✓ It was first taught to the Devas in Tusita Heaven including Queen Maha Maya who was born in Tusita Heaven after her passing away.
- ✓ While the Buddha was teaching Abhidhamma in Tusita Heaven, he returned to the Human World time to time and at that time he Ven. Arahant Sariputta attended him. At that time the Buddha taught him Abhidhamma which he taught again to 500 of his pupils.
- ✓ At the first Buddhist council the Doctrine of the Lord Buddha was gathered and divided into three baskets (Tipitaka) as Sutta, Vinaya and Abhidhamma.
- ✓ The Buddha contemplated on Abhidhamma during the fourth week after enlightenment. When he was contemplating on Patthana, last book of Abhidhamma Pitaka, colored rays emanated from his body for the first time.
- ✓ At the third Buddhist council a book named Katavattu was added by Ven. Moggaliputtatissa Thero to the Abhidhamma Pitaka.
- ✓ There are seven books in Abhidhamma Pitaka and three commentaries, namely:

<u>Books</u>	<u>Commentaries</u>
Dhammasangani	Attasalini
Vibhanga	Sammoha Vinodani
Dhatukatha	Paramatta-deepani
Puggalapannatti	
Katavattu	
Yamaka	
Patthana	

- ✓ Abhidhamma Pitaka includes Ultimate/Absolute Truths (Paramatta Sacca) while the Sutta Pitaka includes Conventional Truths (Sammuti Sacca).

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✓ There are four types of Ultimate Realities taught in Abhidhamma, such as;

- Citta (Consciousness) - 1(89/121 types)
- Cetasika (Mental Factors) - 52
- Rupa (Matter) - 28
- Nibbana (Supreme Happiness) - 1