

THE THREE VEHICLES

VEHICLE	ASPIRATION	GOAL	PRACTICES	VIPASHYANA	
THERAVADA	Renunciation (<i>nihsarana</i>) (Renunciate)	Nirvana (Arhat)	<u>3 higher trainings</u> 1. ethics (<i>shila</i>) 2. concentration (<i>samadhi</i>) 3. wisdom (<i>prajna</i>)	<u>8-fold path</u> right speech right action right livelihood right effort right mindfulness right concentration right view right thought	<u>3 marks of existence</u> 1. impermanence (<i>anitya</i>) 2. suffering (<i>duhkha</i>) 3. no self (<i>anatman</i>)
MAHAYANA	Bodhicitta (Bodhisattva)	Enlightenment (<i>bodhi</i>) (Buddha)	<u>6 perfections</u> 1. generosity (<i>dana</i>) 2. ethics (<i>shila</i>) 3. patience (<i>kshanti</i>) 4. joyous effort (<i>virya</i>) 5. concentration (<i>dhyana</i>) 6. wisdom (<i>prajna</i>)	<i>shamatha</i> <i>vipashyana</i>	Emptiness (<i>shunyata</i>)
VAJRAYANA (tantra)	Bodhicitta (Bodhisattva)	Enlightenment (<i>bodhi</i>) (Buddha)	<u>2 stages</u> 1. generation stage (<i>utpattikrama</i>) 2. completion stage (<i>sampannakrama</i>)		Emptiness (<i>shunyata</i>)

Renunciation – the mind intent on liberation from samsara

Bodhicitta – the aspiration for complete enlightenment for the benefit of all sentient beings

Nirvana – freedom from the afflictive obscurations

Enlightenment – freedom from the afflictive & cognitive obscurations

Afflictive obscurations – ignorance & seeds of ignorance

Cognitive obscurations – latencies (stains) of ignorance & mistaken dualistic appearance arising due to stains

Shamatha – calm abiding

Vipashyana – special insight