**YMBA SENIOR PART (2) COURSE (YMBA BOOK 4)**

**DHAMMA CHAPTER (1): THIRTY SEVEN REQUISITES OF ENLIGHTENMENT**

**37 BODHI PAKKHIYA DHAMMA**

**LESSON PLAN SP2-DH-01**

[Any suggestions to improve the plan or to make corrections will be gratefully received by Rahubadde Sarath-Chandra and Tanuja Sarath-Chandra]**[TELEPHONE 3278-9021]**

**INTRODUCTION**

This chapter enumerates and details the 37 factors of enlightenment. The 2 page introduction and the one page conclusion summarises the thinking behind the 37 factors.

*[Method of study: At the start the introduction and summary should be read by students and explained by the teacher.]*

***MEMORY AID***

*[The teacher should ask the students to remember this scheme of numbers in this pattern. As each item is taught they need to recollect where it fits:*

***4 5*** *NO 6* ***7 8***

***4 5***

***4***

*These 7 numbers add up to 37. Now the names of the seven requisites are given and this set must be kept in memory:*

**4 Foundations of mindfulness** *Cattaro* ***Sati patthana***

**4 Right endeavours** *Cattaro* ***Sammappadhana***

**4 Bases of Psychic Powers**  *Cattaro* ***Iddhi Pada***

**5 Controlling Faculties** *Panca* ***Indriyani***

**5 Powers** *Panca* ***Bala***

**7 Factors of Enlightenment** *Satta* ***Bojjhanga***

**8 Noble Eight Fold Path**  *Ariya* ***Atthangika Magga***

*Details of at least one of the above or preferably 2 must studied and kept in memory for quick retrieval. At the end of the chapter the questions must be answered with help from the teacher.]*