



Athula Dassana Dhamma School- Junior part 2

Abhidhamma (note 5)



Nibbana/Nirvana

Nibbana means wipe out cravings and stop the multiple number of rebirths that brings endless amount suffering. Understanding of four noble truth is therefore essential part towards reaching Nibbana.

Four Noble Truth

1. The Noble truth of Suffering (Dukkha ariya sacca)
2. The Noble truth of the origin of Suffering (Dukkha Samudaya ariya sacca)
3. The Noble truth of Cessation of Suffering (Dukkha Nirodha ariya sacca)
4. The Noble truth of the path leading to Cessation of Suffering (Dukkha Nirodhagamini patipada ariya sacca)

Two fold of Nibbana

1. With the residue remaining (saupadisesa Nibbana)

When someone reaches perfect sainthood (Arhant), they are free from any mental sufferings. However, all physical pains due to aging, illness still remains. This is called Nibbana with residue remaining

2. Without the residue remaining (anupadisesa Nibbana)

Once Arhant passed away, the state they are in is called Nibbana without the residue remaining

Three fold of Nibbana

Nibbana also can be classified in to three depending on the way it achieved.

1. The Void (Sunnata) – Nibbana is void of all conditioned
2. Signless (Annimitta) -Nibbana is free of all signs
3. Desireless (Appanihita) – Nibbana is free from Desire