

<p>The Four Noble Truths: The first teachings of the Buddha (awakened one) based on a physician's prescription.</p> <ol style="list-style-type: none"> 1. The truth of Suffering (Dukkha) Realization of suffering of self and others. 2. The cause of suffering is attachment (Tanha) 3. The end of suffering IS possible. 4. The prescription is the Noble Eight-Fold Path... 	<p>The Noble Eight-Fold Path: The checklist to reduce suffering. The 'right' or skillful way of.</p> <p>(Prajna/Wisdom)</p> <ol style="list-style-type: none"> 1. View <p>(Sila/Morality or virtue)</p> <ol style="list-style-type: none"> 2. Intention 3. Speech 4. Action 5. Livelyhood <p>(Samhadi/ Concentration)</p> <ol style="list-style-type: none"> 6. Effort 7. Meditation 8. Concentration 	<p>The five Precepts and Three Refuges: The trainings we undertake in Buddhist Practice as a lay person.</p> <ol style="list-style-type: none"> 1. Refrain from taking a life 2. Refrain from taking what not given 3. Refrain from harmful sexual and emotional practices 4. Refrain from harmful speech 5. Refrain from using intoxicants that make you heedless.. <p>Refuges: Seek training under the Buddha Seek training under the Dharma Seek training under the Sangha</p>
<p>Seven Points of Posture Positioning for meditation practice: Legs, Back, Shoulders, Head, Eyes, Tongue, Hands... (There are variations, and no position is the only correct one. Standing, walking and lying are acceptable)</p>	<p>The five hindrances These five can slow our practice...</p> <ol style="list-style-type: none"> 1. Desire or clinging to this way or that. 2. Aversion, anger, hatred. 3. Sleepiness, sloth, laziness 4. Restlessness 5. Doubt 	<p>The Eight changeable events (Vicissitudes) Pleasure and pain Gain and loss Praise and blame Fame and disrepute</p> <p>These paired concepts will can occur no matter what our intentions or actions are. So don't be attached.</p>
<p>The Four Brahma-Viharas The best ways to approach our practice and daily lives.</p> <ol style="list-style-type: none"> 1. Loving Kindess (Metta) 2. Compassion (Karuna) 3. Sympathetic Joy (Mudita) 4. Equanimity (Upeksa) 	<p>The Five Aggregates The five items that combine to make us who we are. But none are unchangeable and therefore not THE unchanging self...</p> <ol style="list-style-type: none"> 1. Form (body) 2. Feeling 3. Perception 4. Mental formations 5. Consciousness 	<p>The Six Sense doors Experienced in three basic 'tones' of pleasant, unpleasant, or neutral.</p> <ol style="list-style-type: none"> 1. The eye/seeing 2. The ear/hearing 3. The nose/smell 4. The tongue/taste 5. The body/touch 6. The mind/ thought...
<p>Metta (Loving Kindness) This is an essential meditation to develop the Brahma Viharas. May I be free from suffering May I be happy May I be healthy May I find it easy to care for myself. Likewise; expand this to one you care about, one you are acquainted with, one you are at odds with, animals, seen or not seen and to the entire universe.</p>	<p>The Three Poisons/Remedies This is the central portion of the wheel or becoming (Samsara)</p> <p>Anger and hatred/Metta and Karuna Greed and desire/Generosity, detachment Ignorance/Wisdom</p>	<p>The six realms of Samsara The wheel of becoming where we may find others or ourselves. With practice we can move into a higher state...</p> <ol style="list-style-type: none"> 1. Deva heaven (temporary bliss) 2. Conflict (servitude, grudge) 3. Animals 4. Hungry Ghosts (addiction) 5. Human (possibility) 6. Hell (torment)

