

<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 2. Intention <p>(Silla/Morality or virtue)</p> <ol style="list-style-type: none"> 3. Speech 4. Action 5. Livelihood <p>(Samadhi/ Concentration)</p> <ol style="list-style-type: none"> 6. Effort 7. Meditation 8. Concentration 	<p>The five Precepts 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 speech 4. Refrain from harmful sexual and emotional practices 5. Refrain from using intoxicants that make you heedless. <p>Three 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 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 Kindness (Metta) 2. Compassion (Karuna) 3. Sympathetic Joy (Mudita) 4. Equanimity (Upeksha) 	<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 (burden, fear, etc) 4. Hungry Ghosts (addiction) 5. Human (possibility) 6. Hell (torment)

<p>The four foundations of mindfulness</p> <ol style="list-style-type: none"> 1. Body: breathing, postures, activities, 32 parts, elements, Cemetery meditation. 2. Feeling: Pleasant, unpleasant, neutral, 3. Mind: (see Satipatthana) 4. Physical and mental: 5 hindrances, aggregates, senses, factors of awakening. Four Noble Truths. 	<p>The three signs of being:</p> <ol style="list-style-type: none"> 1. Impermanence (Anicca) 2. Suffering (Dukkha) 3. No independent self (Anatta) <p>Karma: Includes CAUSATION and ACTION of body, mind and speech. Related to heredity environment, nature, nurture, and choice. Past AND present.</p>	<p>Levels in the Sangha: (variable)</p> <ol style="list-style-type: none"> 1. Laity 2. Upasaka, precept holding laity 3. Anagarika (deacon/minister) 4. Samanera (novice monk) 5. Bikkhu/uni (monk, Bhante, Sifu, Sensei, Thera/o, Thich,) 6. Acarya (lineage holder, venerable) 7. Upadhaya (Most venerable) 8. Sangharaja (Patriarch/Matriarch; Holiness)
<p>The five blessings of a meal: First let us reflect on the efforts and sacrifices to bring us this food. Second, let us contemplate our actions as worthy to accept this gift. Third, let us be mindful of our efforts to transcend greed, anger and ignorance. Fourth, we give thanks for this food now, which sustains us to improve our body, mind and speech. Fifth, we accept this food to continue our practice to benefit all beings.</p>	<p>The bodhisattva vows: 'With the wish to free all beings from suffering I shall always seek guidance of the Buddha, Dharma, and Sangha, Until I reach full enlightenment. Inspired by wisdom and compassion, may I be the medicine, the doctor, the protector of all beings. As long as space remains as long as sentient beings remain Until then may I too remain and dispel the miseries of the world.'</p>	<p>The Jhanas/Dhyanas: (Each has let go of the prior in practice)</p> <ol style="list-style-type: none"> 1. Pleasant sensation 2. Joy 3. Contentment 4. Utter peacefulness 5. Infinity of space 6. Infinity of consciousness 7. No-thingness 8. Neither perception nor non perception 9. Cessation/ Nirvana
<p>Seven Awakening factors.</p> <ol style="list-style-type: none"> 1. Mindfulness 2. Investigation of the conditions of reality/nature 3. Determined effort 4. Joy and rapture 5. Relaxation and tranquility. 6. Concentration, calm and one-pointed, clear awareness 7. Equanimity, it is what it is. 	<p>Ten Paramitas:</p> <ol style="list-style-type: none"> 1. Generosity (Dana) 2. Virtue, proper conduct (Sila) 3. Renunciation (Nekkhamma) 4. Wisdom and insight (Panna) 5. Diligence and effort (Viriya) 6. Patience (Khanti) 7. Honesty (Sacca) 8. Determination, resolve (Adhittana) 9. Loving Kindness, good will (Metta) 10. Serenity, equanimity (Upekkha) 	<p>Foundational Sutras:</p> <ol style="list-style-type: none"> 1. Annatakalana sutra 2. The Kalama Sutra 3. The Lotus Sutra 4. The Diamond Sutra 5. The Metta Sutra 6. Satipatthana 7. The Heart Sutra