Buddhism In A Nutshell

The Four Noble Truths
1. The world is full of unsatisfactoriness, suffering. (dukkha) Bad things happen.
2. A cause for suffering exists. We make the bad things worse by craving and clinging to what we want and pushing away what we don’t want.
3. We have the means to end suffering. It is possible to get beyond all this.
4. The Eightfold Path is the way leading to the cessation of dukkha.

The Noble Eightfold Path
1. Right Understanding: Understand that every action has consequences. Understand the Four Noble Truths.
2. Right Thought: Cultivate thoughts of generosity, kindness and compassion
3. Right Speech: Speak only the truth, with words that are kind and helpful. Don’t slander or engage in idle speech or gossip. Speak at the right time.
4. Right Action: Don’t cheat or steal. Don’t misuse intoxicants or your sexuality. Don’t kill or harm other living beings. Speak only the truth.
5. Right Livelihood: Make your living in a way that doesn’t harm anyone including yourself.
6. Right Effort: Cultivate wholesome thoughts and behavior and let go of unwholesome thoughts and behavior
7. Right Mindfulness: Pay attention your body, to your reactions to sense stimuli, to your mind-states and to your thoughts.
8. Right Concentration: Learn how to clear your mind of clutter so you are capable of paying attention.

The Three Jewels
1. Buddha - The possibility of awakening; the Buddha himself.
2. Dhamma - Truth; the teachings of the Buddha; the way things are.
3. Sangha - The community of practitioners.

The Three Marks of Existence
1. Dukkha - unsatisfactoriness, suffering
2. Anicca - impermanence, change
3. Anatta - non-self, emptiness

The Five Precepts
1. For the purpose of training I undertake the precept of not harming any sentient being.
2. For the purpose of training, I undertake the precept of not taking anything that is not freely given.
3. For the purpose of training, I undertake the precept of being wise and careful with speech. Wise speech is timely, true, gentle, connected with good and spoken with a mind of loving-kindness.
4. For the purpose of training, I undertake the precept of refraining from sexual misconduct. (Sexual misconduct is sexual activity that can hurt another person.)
5. For the purpose of training, I undertake the precept of refraining from intoxicants that cloud the mind.

The Four Brahma Viharas (Abodes of the Gods)
1. Lovingkindness (Metta)
2. Compassion (Karuna)
3. Sympathetic Joy (Mudita)
4. Equanimity (Upekka)