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 to 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.