

## The Four Noble Truths

Life is suffering.

The origin of suffering is attachment.

The cessation of suffering is attainable.

The path to the cessation of suffering.

## The Eightfold Path

Wisdom development:

1. Right view / Right understanding
2. Right intention

Ethical conduct development:

3. Right speech
4. Right action
5. Right livelihood

Mental development

6. Right effort
7. Right mindfulness
8. Right concentration

## The Four Immeasurables

Loving-kindness or benevolence (maitri)

Compassion (karuna)

Empathetic joy (mudita) - the pleasure that comes from delighting in the well being of other people

Equanimity (upekkha)

## The Five Remembrances

I am of the nature to grow old. There is no way to escape growing old.

I am of the nature to have ill health. There is no way to escape ill health.

I am of the nature to die. There is no way to escape death.

All that is dear to me and everyone I love are of the nature to change. There is no way to escape being separated from them.

My actions are my only true belongings. I cannot escape the consequences of my actions.

My actions are the ground upon which I stand.

## The Six Paramitas

Dana Paramita -Perfection of Generosity

Sila Paramita -Perfection of Morality through upholding precepts

Ksanti Paramita -Perfection of Patience

Virya Paramita -Perfection of Energy (courage)

Dhyana Paramita -Perfection of Meditation (Zen)

Prajna Paramita -Perfection of Wisdom