

BUDDHIST CHEATSHEET

THE NOBLE EIGHTFOLD PATH

This is the path the Buddha taught to those seeking liberation

1. Right view
2. Right intention
3. Right speech
4. Right action
5. Right livelihood
6. Right effort
7. Right mindfulness
8. Right concentration

THE FOUR NOBLE TRUTHS

This was the Buddha's first and fundamental teaching about the nature of our experience and spiritual potential

1. The existence of suffering
2. The origin of suffering
3. The cessation of suffering
4. The path for the cessation of suffering

THE SEVEN POINTS OF POSTURE

Attend to each in turn when you first take your meditation seat. If you become uncomfortable while sitting, you may go through these points again

1. Legs
2. Shoulders
3. Back
4. Eyes
5. Hands
6. Tongue
7. Head

THE SIX WHOLESOME AND UNWHOLESOME ROOTS OF MIND

The mind is always under the influence of one of these states

1. Generosity
2. Love
3. Wisdom
4. Greed
5. Hatred
6. Delusion

THE SIX SENSE DOORS AND THREE FEELING TONES

Everything we experience comes through these portals

1. Eye (Seeing)
2. Ear (Hearing)
3. Nose (Smelling)
4. Tongue (Tasting)
5. Body (Touching)
6. Mind

Experience is felt as one of three tones

1. Pleasant
2. Unpleasant
3. Neutral

THE FOUR METTA PHRASES

Send loving kindness to yourself and others by using these phrases or words that have personal meaning for you

1. May I be free from danger
2. May I be happy
3. May I be healthy
4. May I love with ease

THE EIGHT VICISSITUDES

According to the Buddha, we will experience these vicissitudes throughout our lives no matter our intentions or actions

1. Pleasure and pain
2. Gain and loss
3. Praise and blame
4. Fame and disrepute

THE FIVE PRECEPTS

An ethical life is founded on these standards of conduct

To refrain from

1. Killing
2. Stealing
3. Sexual misconduct
4. False, harsh, and idle speech
5. Intoxicants that cloud the mind

THE FOUR BRAHMA-VIHARAS

These four "best abodes" reflect the mind state of enlightenment

1. Loving kindness
2. Compassion
3. Joy
4. Equanimity

THE THREE KINDS OF SUFFERING

The Buddha taught that we can understand different kinds of suffering through these three categories

1. The suffering of pain
2. The suffering of change
3. The suffering of conditionality

THE FIVE HINDRANCES

These are the classical hindrances to meditation practice

1. Desire, clinging, craving
2. Aversion, anger, hatred
3. Sleepiness, sloth
4. Restlessness
5. Doubt

THE SIX STAGES OF METTA

Expand your circle of loving kindness by starting with yourself and moving gradually outward

1. Yourself
2. A good friend
3. A neutral person
4. A difficult person
5. All four
6. The entire universe