

Four Noble Truths

Life is difficult
Our difficulty arises from desire
There is a way to extinguish desire
The Eightfold path

Eightfold Path

Wisdom

Right View-of the 4 noble truths
Right Intention-renunciation, goodwill, harmlessness

Conduct

Speech-truth, kind, constructive
Action-ethically, avoid harm
Livelihood-ethical work

Discipline

Effort-cultivate positive states
Mindfulness-awareness of present moment
Concentration-meditation

Four Brahma Viharas

Metta-Lovingkindness
Karuna-Compassion
Mudita-Sympathetic Joy
Upekka-Equanimity

Eight Winds

Prosperity-Decline
Honor-Disgrace
Praise-Blame
Pleasure-Suffering

Three States (Poisons)

Clinging - Attachment - Greed
Aversion - Anger - Hatred
Neutral - Ignorant - Delusion

Ten Perfections (parami)

dāna generosity
sīla virtue (morality)
nekkhamma renunciation
paññā discernment (wisdom)
virīya energy/persistence
khanti patience/forbearance (endurance)
sacca truthfulness (truth)
adhiṭṭhāna determination
mettā good will (unconditional love)
upekkhā equanimity

Five Precepts

To not kill living beings.
To not take what is not given.
To not act sexually in a way that is harmful.
To not lie, slander, use harsh words, or gossip.
To not partake of drugs and alcohol.

Five Hindrances

Sensual desire
Anger and ill-will
Sloth and torpor
Restlessness and remorse
Sceptical doubt

Five Aggregates

Form (matter, physical)
Feeling (sensation, aversion/attraction/neutral)
Perception (thoughts, labels, categorizing)
Mental Formation (intention, volition, beliefs)
Consciousness (awareness, self-awareness)

Is it true?
Is it kind?
Is it necessary?

Five Remembrances

I am subject to aging
I am subject to ill health
I am going to die
Everyone and everything I love will change
My only true possessions are my actions

Daily Practices

Meditate
Metta
Triple Gem
Five Precepts
Five Remembrances
Chant/Recite/Read
Donate Merits

NVC

Observations
Feelings
Needs
Requests

Mitta Sutra (7 qualities of a friend)

Endures what needs to be endured
Gives what is hard to give
Does what is hard to do
Reveals their secrets
Keeps your secrets
Doesn't abandon you
Doesn't look down on you.