

The Four Noble Truths



1. All is suffering

**2. Suffering comes from
desire and egoism**

**3. Desire and egoism must be
rooted out**

**4. To do this one must follow
the eight fold path**

The Eightfold Path



1. Right understanding

2. Right Aspirations and Thoughts:

- **renunciation, not lust**
- **benevolent, not ill will**
- **harmless, not cruel**

3. Right Speech

4. Right Bodily Actions

5. Right Livelihood

FIVE MORAL PRECEPTS



1. NO KLLING

2. NO LYING

3. NO STEALING

4. NO ILLICIT SEX

5. NO ALCOHOL

6. Right Effort:

- **discard evil already done**
- **prevent unrisen evil**
- **develop unrisen good**
- **promote good already risen**

7. Right Mindfulness:

- **with regard to the body**
- **with regard to sensations**
- **with regard to the mind**
- **with regard to phenomena**

8. Right Concentration:

- **one-pointedness of the mind**
- **contemplation with the deep mind**

The Three-fold Creed

=====

“I take refuge in the Buddha,

I take refuge in the Dharma,

I take refuge in the Sangha.”

5. ENLIGHTENMENT:

- by the eight fold path

6. ATMAT: - enlightened self

**7. NIRVANA: - blissful
non-existence, sunyata**

8. DHAMA: - Buddhist doctrine

**9. SANGHA: - community of
Buddhists, centered in the
monks and monastic group**