

The Four Noble Truths

1. The Truth of Suffering: -

- (i) Suffering of Suffering – things we ordinarily identify as undesirable
- (ii) Suffering of Change – clinging to desirable things in a way that is at odds with their impermanence
- (iii) Pervasive Suffering – the potential to suffer

2. The Truth of the Origin of Suffering – mental afflictions (particularly ignorance/attachment/aversion) and karma

3. The truth of the Cessation of Suffering – afflictions can be reduced and eventually totally overcome/ the nature of our mind is essentially pure

4. The Truth of the Path Leading to the Cessation of Suffering: -

The Noble 8 Fold Path

Right Speech

Right Action

Right Livelihood

Ethics

Right Effort

Right Mindfulness

Right Concentration

Concentration

Right View

Right Thought

Wisdom

The 6 Perfections

1. Generosity 2.Morality/Ethics 3.Patience 4.Joyous Effort/Perseverance
5.Concentration 6.Wisdom

10 Virtues Corresponding to 10 Non-Virtues

Protecting the lives of others/Killing

Practicing great generosity/Stealing

Maintaining moral conduct/Sexual misconduct

Body/Action

Speaking the truth/Lying

Bringing foes together/Divisive speech

Speaking peacefully and politely/Harsh words

Speaking meaningfully/Idle gossip

Speech

Non-attachment/Covetousness

Loving kindness/Harmful intent

Right view/Wrong Views

Mind