

The Two Truths

1. Absolute / Ultimate Truth
2. Conventional / Relative Truth

The absolute or ultimate is the inherent nature of everything, how things really are. The conventional or relative is how things appear. In the teachings, these are known as 'the two truths', but they are not to be understood as two separate dimensions, rather as two aspects of a single reality.

The Three Kinds of Suffering

These are the three kinds of suffering, or dukkha.

1. The suffering of suffering
2. The suffering of change
3. The all-pervasive suffering of conditioned existence

The Five Skhandas

The five skhandas are also known as the five aggregates.

1. Form (rupa)
2. Feeling (vedana)
3. Perception (samjña)
4. Formations (samskara)
5. Consciousness (vijñāna)

The Twelve Ayatanas

The six sense objects or six outer sources

1. Sight
2. Sound
3. Smell
4. Taste
5. Texture
6. Mental objects

The six sense faculties or six inner sources

1. Eye
2. Ear
3. Nose
4. Tongue
5. Body
6. Mind

The Three Poisons Six Root Kleshas

These are also known as the three main kleshas; properties that dull the mind and are the basis for all unwholesome actions. In some lists there are 20 kleshas.

1. Passion / Attachment
2. Aggression / Aversion
3. Ignorance / Indifference
4. Pride / Arrogance
5. Envy
6. Greed

The Dedication of Merit

Both the traditional Buddhist and Shambhala versions.

By this merit may all obtain omniscience
May it defeat the enemy, wrongdoing
From the stormy waves of birth, old age,
sickness and death may I free all beings.

By the confidence of the golden sun of the
great east may the lotus gardens
of the Rigden's wisdom bloom
May the dark ignorance of
sentient beings be dispelled
May all beings enjoy profound, brilliant glory

The Three Jewels

Also known as the Triple Gem or the Three Rare and Supreme ones.

1. Buddha (the teacher)
2. Dharma (the teachings)
3. Sangha (the community)

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 of the cessation of suffering

The Noble Eightfold Path

This is the path the Buddha taught to those seeking liberation (from suffering).

Path of Wisdom - Prajñā

1. Right view
2. Right intention

Path of Virtue - Sila

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

Path of Concentration - Samādhi

6. Right effort
7. Right meditation
8. Right concentration

The Five Precepts

An ethical life is founded on these standards of conduct.

1. To refrain from killing any sentient being
2. To refrain from taking anything not freely given
3. To refrain from sexual activity / misconduct
4. To refrain from lying
5. To refrain from drinking alcohol or taking intoxicating drugs

The Four Dharmas of Gampopa

Grant your blessing so
that my mind may turn towards the Dharma
Grant your blessing so
that Dharma may progress along the path
Grant your blessing so
that the path may clarify confusion
Grant your blessing so
that confusion may dawn as wisdom

The Seven Points of Posture

1. Legs
2. Arms
3. Back
4. Eyes
5. Jaws
6. Tongue
7. Head and shoulders

The Four Foundations of Mindfulness

1. Mindfulness of Body
2. Mindfulness of Life
3. Mindfulness of Effort
4. Mindfulness of Mind

The four foundations of mindfulness are sometimes presented as the four applications of mindfulness

1. The body
2. Feelings
3. The mind
4. Phenomena

The Six Paramitas

The first five paramitas are said to correspond to the accumulation of merit, and the sixth to the accumulation of wisdom.

1. Generosity
2. Discipline
3. Patience
4. Joyful Exertion
5. Meditation
6. Wisdom

The sixth paramita can be divided into four, resulting in ten paramitas.

7. Skillful means
8. Strength
9. Aspiration prayers
10. Primordial wisdom

The Four Dignities

The four dignities are ancient symbols that represent qualities of the windhorse.

1. Tiger (meek)
2. Lion (perky)
3. Garuda (outrageous)
4. Dragon (inscrutable)

The Four Immesurables

The four immeasurables are also known as the brahmaviharas, or the four abodes of Brahma.

1. Loving-kindness
2. Compassion
3. Empathetic joy
4. Equanimity

The Four Immesurables

Contemplate the following in words that have personal meaning to you. Begin with yourself and extend outward.

May all beings enjoy happiness
and the root of happiness.
May they be free from suffering
and the root of suffering.
May they not be separated from the great
happiness devoid of suffering.
May they dwell in the great equanimity free
from passion, aggression and ignorance.