

## THE 5 MINUTE BUDDHIST

- ❖ Man is supreme and responsible for his own thoughts, ideas, beliefs, and actions.
- ❖ All existence is conditioned, relative, interdependent, and based on cause and effect.
- ❖ The self, the soul, the ego are mental projections, false beliefs—*Anatta* (no-self, no-soul). They exist as conventional truth but not as ultimate truth.

### The Five Aggregates

“Being” is experienced as:

1. Matter
2. Sensation
3. Perception
4. Mental Formation
5. Consciousness

### The Four Noble Truths

1. Life is characterized by impermanence and suffering, or *Dukkha* (insatiable thirst).
2. The Origin of *Dukkha* (suffering) is attachment to desire.
3. The Cessation of *Dukkha* is achieved, not by belief, but by the contemplation, understanding, and elimination of desire and attachment.
4. The Noble Eight-fold Path is the way to achieve the cessation of *Dukkha*.

### The Noble Eight-fold Path

1. Right Understanding
2. Right Thought
3. Right Speech
4. Right Action
5. Right Livelihood
6. Right Effort
7. Right Mindfulness
8. Right Concentration

Resulting in:

Ethical Conduct – speech, action, livelihood

Mental Discipline – effort, mindfulness, concentration

Wisdom – understanding and thought

To create:

### The Seven Factors of Enlightenment

1. Mindfulness
2. Investigation and research
3. Energy
4. Joy
5. Relaxation
6. Concentration
7. Equanimity

Which result in:

### The Four Sublime States

1. Unlimited universal love and good will
2. Compassion for all suffering beings
3. Sympathetic joy for the success and well-being of others
4. Equanimity

### The Five Hindrances

1. Sensual lust
2. Ill-will
3. Physical and mental languor and torpor
4. Restlessness and worry
5. Doubt and skepticism

### The Five Precepts

The moral obligations of a lay Buddhist:

1. Not to destroy life
2. Not to steal
3. Not to commit adultery
4. Not to lie
5. Not to take intoxicating drink

- ❖ Don't know.
- ❖ Only go straight for 10,000 years.
- ❖ Save all sentient beings from suffering.

The Miracle is not to walk on water. The Miracle is to walk on the green Earth,  
dwelling deeply in the present moment, feeling truly alive.

–Thich Nhat Hanh