

### **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 or 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.

*[Note: This document is a replica of one created by Harold Ramis.]*

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