

Intro to Buddhism in the US: Week 5

Fundamentals

[lists of everything are on the slides, and it might be easier to print these and take notes there]

4 Noble Truths (with skepticism)

Eight Fold Path

Precepts (primary, retreat, monastic and 14 mindfulness)

Four Core Concepts: dukkha, annica, anata, precepts

Three Jewels (statement of faith, sort of...)

4 Brahmavirharas (compassion, benevolence, sympathetic joy, equanimity)

3 Poisons (anger, greed, and delusion)

5 Aggregates (khandas)

5 Hindrances

5 daily recollections

7 Awakening factors

10 Paramis (perfections)

Bodhisattva vows (4 parts)