

The
Five-minute
Buddhist

THE FIVE-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—*anātman* (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 *Duḥkha* (suffering).
2. The Origin of *duḥkha* is attachment (*tṛṣṇā*, “thirst”) to desire.
3. The Cessation of *duḥkha* 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 *duḥkha*.

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:

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 ten thousand years.
- Save all sentient beings from suffering.

– Seung Sahn Sunim (1927–2004)

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.

– Thích Nhất Hạnh (b. 1926)

Compiled by Harold Ramis (1944–2014)
and lightly edited by w.v.

◦