

ZEN(ISH) STUFF

Three Conceits

I am better than...
I am worse than...
I am equal to...

Four Bodhisvata Vows

beings are numberless, I vow to save them.
desires are inexhaustible, I vow to end them.
dharma gates are boundless, I vow to enter them.
buddha's way is unsurpassable, I vow to become it.

Four Seals

all composite phenomena are impermanent
all contaminated things and events are unsatisfactory
all phenomena are empty and selfless
nirvana is true peace

Five Hindrances

craving
anger
laziness
worry
doubt

Four Noble Truths

life is suffering.
suffering is caused by selfish craving.
selfish craving can be destroyed.
it can be destroyed by following the Eightfold Path.

Eightfold Path

right Understanding
right Purpose
right Speech
right Conduct
right Vocation
right Effort
right Alertness
right Concentration

Eight Worldly Concerns

gain
loss
pleasure
pain
praise
blame
fame
disgrace

Ten Fetters

belief in a separate "self"
doubt
attachment to ritual
sensual desire
ill will
attachment to material existence
attachment to immaterial existence
conceit
restlessness
ignorance