

## 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.

### ***Six Perfections***

Giving with no thought of giving.  
Morality with no thought of morality.  
Patience with no thought of patience.  
Effort with no thought of effort.  
Meditation with no thought of meditation.  
Wisdom with no thought of wisdom.

### ***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