

Buddhist Wisdom: Core Teachings and Principles

The Four Noble Truths

1. The truth of suffering (Dukkha)
2. The truth of the cause of suffering (Samudaya)
3. The truth of the end of suffering (Nirodha)
4. The truth of the path to the end of suffering (Magga)

The Noble Eightfold Path

1. Right View: Understanding the Four Noble Truths
2. Right Intention: Commitment to mental and ethical growth
3. Right Speech: Speaking truthfully and compassionately
4. Right Action: Ethical conduct and behavior
5. Right Livelihood: Earning one's living in an ethical way
6. Right Effort: Cultivating wholesome qualities
7. Right Mindfulness: Awareness of the present moment
8. Right Concentration: Proper meditation and mental focus

The Five Precepts

1. Abstain from killing or harming living beings
2. Abstain from taking what is not given
3. Abstain from sexual misconduct
4. Abstain from false speech
5. Abstain from intoxicants

Key Buddhist Concepts

- Karma: Actions and their consequences
- Impermanence (Anicca): Everything is in constant flux
- Non-self (Anatta): The nature of no permanent self
- Mindfulness: Present moment awareness
- Compassion (Karuna): Understanding and alleviating suffering
- Loving-kindness (Metta): Universal love and goodwill

Meditation Practices

1. Mindfulness of Breathing (Anapanasati)
2. Loving-kindness Meditation (Metta Bhavana)
3. Walking Meditation (Kinhin)
4. Contemplation of Impermanence

Practical Wisdom

- Find the middle way between extremes
- Practice non-attachment to reduce suffering
- Cultivate wisdom through direct experience
- Treat all beings with compassion and kindness
- Live mindfully in the present moment