

Buddhism 101 on Two Pages

We all Contain the Buddha Nature

"Buddha" means Enlightened One or One Who Comes From Truth.

Mystic Law: Cause, Effect and Karma. Everything exists because of causes and conditions.

Karma is a Sanskrit word meaning accomplishment. The idea of karma is that we live with our accomplishments. Accomplishments are dynamic processes we create, never finished products. It is the potential that exists between cause and effect, action and result.

Thought, word, and action.

Important: Happiness, Love, and the Mystic Law.

Buddhism is a philosophy. As such it is a body of knowledge that is meant to be used, not worshiped.

Three Thousand Realms in a Single Life Moment

The Ten Worlds

Hell (if unenlightened: Rage)

Hunger (Unenlightened: Greed)

Animality (Unenlightened: Foolishness, Stupidity)

Anger (Unenlightened: Perversity)

Humanity or tranquility (Unenlightened: Calmness)

Heaven or rapture (Unenlightened: Joy)

Learning

Realization

Bodhisattva

Buddhahood

The Ten Factors

Appearance

Nature

Entity

Power

Influence

Internal cause

Relation

Latent effect

Manifest effect - Feelings, emotions, thoughts, instincts

Consistency from beginning to end

The Three Realms

The five components

Form or body

Perception or sensation

Conception or perception

Volition or mental phenomena

Consciousness

(A person, or other manifestation is the temporary coming together of these five components.)

Living beings - Social environment

The environment

The Nine Consciousnesses

1-5 The five senses: eyes, ears, nose, tongue, and skin

6. The power to integrate the five senses and make judgments in a comprehensive manner

7. Manas-consciousness: power of thinking. Performs self-cognition and is directed towards the internal world

8. Alaya-consciousness: storehouse of our karma, learnings, realizations, and others' teachings

9. Amala-consciousness: our Buddha nature extending from the infinite past through the present into the infinite future. Free from karma

The Middle Way

Moderation between extremes of thought, belief and action. This also applies to the middle way.

The Four Noble Truths

Suffering in life
Has causes that
Can be ameliorated
By following the eightfold path.

The Eightfold Path

Correct or right:

1. View, seeing, hearing, feeling, perceiving, understanding, visualizing, visualization, idea, philosophy, knowledge
2. Resolve, knowing, quiescing of imaginations, intentions, purpose, thinking
3. Speech, discourse
4. Conduct, action, behavior, responsibility
5. Livelihood, purity, vocation, way of life
6. Effort, thought, endeavor
7. Awareness, solitude, mindfulness, memory
8. Meditation

Faith, practice, and study

Three proofs:

Documentary,
Internal consistency,
Practicality. "Does it work?" is the most important proof.

Practice for both self and others.

Study both Buddhist and non-Buddhist learnings. Average 20 minutes per day.

Other ideas

Fix problems, not blame or responsibility.
Itai doshen.= one goal, many minds
Benefits are both conspicuous and

inconspicuous. Benefits vs investment, percentage.

Turn poison into medicine.

Ichinen = determination, persistence.

Onsitsu, criticism that does the criticized no good may result in bad karma.

It's easy to point fingers, but the easiest person to change is yourself.

Usually more beneficial to be proactive, teleological, than reactive.

Goal directed

Excess reactivity is slavery.

Buddhism must fit the person rather than the other way around.

Energize positive emotions; take energy away from afflictive emotions.

Plant the seeds of Buddhism everywhere.

Responsibility.

Impermanence. All things change.

Focus on your strengths rather than your weaknesses.

You need desires, be smart about your desires.

The Three Jewels

1. Buddha - either the historical Buddha (Shakyamuni) or the Buddha nature that exists within all beings;
2. Dharma - the teachings of the Buddha.
3. Sangha - the community of practicing Buddhists and/or the Buddhas.

The Three Poisons and Opposites

Greed vs generosity

Anger vs compassion

Ignorance vs knowledge

Nam Myoho Renge Kyo

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