

Buddhism Made Simple

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The word *Buddha* means *The Enlightened One*. Such a person is enlightened because the light of truth shines from within towards others in the spirit of compassion. That is why the Buddha is also known as *The Compassionate One* or *The Buddha of Compassion*.

Thus the main teaching of Buddhism is the virtue of compassion.

The Meaning of Compassion:	Ideals of Compassion:
1. Do not tell a lie	Truthfulness, Integrity
2. Do not take what is not given	Non-stealing, Charity
3. Do not cheat	Honesty, Trustworthiness
4. Do not hurt sentient beings	Harmlessness, Kindness
5. Do not be irritable	Patience, sympathy
6. Do not be arrogant or prejudiced	Humility, goodwill
7. Respect your parents and teachers	Respect
8. Help care for the young and the old	Caring
9. Be with or have good people around you	Friendship
10. Improve yourself and the environment	Wisdom

The Famous Four Noble Truths and The Noble Eightfold Path

First.	The Truth of Suffering (the cycle of birth and death)
Second.	The Truth of Causation (the cause of suffering)
Third.	The Truth of Cessation (the conquest of suffering)
Fourth.	The Truth of the Way (to true happiness) or The Truth of the Noble Eightfold Path:

1. Right Understanding
2. Right Thought
3. Right Speech
4. Right Behavior
5. Right Livelihood
6. Right Effort
7. Right Attention
8. Right Concentration

The realization of the 4 Noble Truths and the 8-Fold Path leads to Right Knowledge and then to Right Freedom as the Enlightenment.