MAP 2. The spread of Buddhism in the ancient world
Map 3. Buddhism in the modern world
Schools of Buddhism

Mahāyāna

Theravada

Sri Lanka
Bangladesh
Myanmar

Vajrayāna

Nepalese Newar Buddhism
Chinese Esoteric Buddhism
Shingon Buddhism
Shugendō

Tibetan Buddhism
Kagyu
Sakya

Nepalese Newar Buddhism
Chinese Esoteric Buddhism
Shingon Buddhism
Shugendō

Tibetan Buddhism
Kagyu
Sakya

Theravada

Sri Lanka
Bangladesh
Myanmar

Vipassana tradition of Mahasi Sayadaw
Sangharaj Nikaya
Mahastabhir Nikaya
Siام Nikaya
Waturawila
Kanduboda
Tapovana
Thai Forest Tradition
Thammayut Nikaya
Delduwa
Dhammakaya Movement

Nepalese Newar Buddhism
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Sakya

Mahāyāna

Pure Land
Keizan line
Jakuen line
Giin line
Rinzai
Öbaku
Fuke
Won Buddhism
Nichiren Shū
Nichiren Shōshū
Nipponzan Myōhōji
Soka Gakkai
Cheontae
Tiantai

Sanskrit language
Prāşangika
Svātantrika
Mahā-Mādhyaṃaka (Jonangpa)
Sanron
Sanlun
Beopsang
Cittamātra
Wei-Shi
Hossö
Dasabhūmikā
Hwaëom
Huayam
Kegon
Jodo Shu
Jodo Shinshu
Sōtō
Caodong
Zen

Vajrayāna

Nepalese Newar Buddhism
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Shingon Buddhism
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Tibetan Buddhism
Kagyu
Sakya
CORE BUDDHIST TEACHINGS  
*with several common Sanskrit/Pali vocabulary words*

FOUR NOBLE TRUTHS

1. Stress and suffering (*dukkha*) are a part of human experience.
2. Stress and suffering arise from craving, aversion, and delusion.
3. The cessation of craving, aversion, and delusion results in awakening (*nirvana*).
4. Awakening is attained by practicing the **EIGHTFOLD PATH**.
   
   *Wisdom (prajna)*
   1. Wise Understanding
   2. Wise Thought
   *Ethical Conduct (sila)*
   3. Wise Speech
   4. Wise Action
   5. Wise Livelihood
   *Meditation (samadhi)*
   6. Wise Effort
   7. Wise Mindfulness (*sati*)
      a. Four foundations
         i. Body (breathing, postures, activity, physical characteristics)
         ii. Feelings (pleasant, unpleasant, neutral)
         iii. Mind (wholesome, unwholesome)
         iv. Dharmas (teachings)
   8. Wise Concentration

CHEATSHEET SUPPLEMENT

THE THREE REFUGES

I take refuge in the **Buddha**, the one who shows me the way in this life.
I take refuge in the **Dharma**, the way of understanding and of love.
I take refuge in the **Sangha**, the community that lives in harmony and awareness.

THE SIX PERFECTIONS (**paramitas/paramis**)  

1. Generosity (*dāna*),
2. Ethics (*śīla*)
3. Patience (*kṣānti*)
4. Energy (*vīrya*)
5. Concentration (*dhyāna*)
6. Wisdom (*prajñā*)

THE THREE MARKS OF EXISTENCE

1. Discomfort/stress/suffering (*dukkha*)
2. Impermanence (*anicca*)
3. Non-self (*anatta*)
THE NOBLE EIGHTFOLD PATH
The Buddha taught that to attain liberation one must practice Wholesome:
1. View
2. Intention
3. Speech
4. Action
5. Livelihood
6. Effort
7. Mindfulness
8. Concentration

THE FOUR NOBLE TRUTHS
This was the Buddha’s first and fundamental teaching about the nature of our experience and spiritual potential
1. Ordinary life brings about suffering
2. The origin of suffering is attachment
3. The cessation of suffering is attainable
4. Suffering can cease, by following the Eightfold Path

THE SEVEN POINTS OF POSTURE
Attend to each in turn when you first take your meditation seat. If you become uncomfortable while sitting, you may go through these points again
1. Legs
2. Shoulders
3. Back
4. Eyes
5. Hands
6. Tongue
7. Head

THE SIX WHOLESOME AND UNWHOLESOME ROOTS OF MIND
The mind is always under the influence of one of these states
1. Generosity
2. Love
3. Wisdom
4. Greed
5. Hatred
6. Delusion

THE SIX SENSE DOORS AND THREE FEELING TONES
Everything we experience comes through these portals
1. Eye (Seeing)
2. Ear (Hearing)
3. Nose (Smelling)
4. Tongue (Tasting)
5. Body (Touching)
6. Mind
Experience is felt as one of three tones
1. Pleasant
2. Unpleasant
3. Neutral

THE EIGHT VICISSITUDES
According to the Buddha, we will experience these vicissitudes throughout our lives no matter our intentions or actions
1. Pleasure and pain
2. Gain and loss
3. Praise and blame
4. Fame and disrepute

THE FIVE PRECEPTS
An ethical life is founded on these standards of conduct
To refrain from
1. Killing
2. Stealing
3. Sexual Misconduct
4. False, harsh, and idle speech
5. Intoxicants that cloud the mind

THE SIX STAGES OF METTA
Expand your circle of loving kindness by starting with yourself and moving gradually outward
1. Yourself
2. A good friend
3. A neutral person
4. A difficult person
5. All four
6. The entire universe

THE FOUR BRAHMA-VIHARAS
These four “best abodes” reflect the mind state of enlightenment
1. Loving Kindness
2. Compassion
3. Joy
4. Equanimity

THE THREE KINDS OF SUFFERING
The Buddha taught that we can understand different kinds of suffering through these three categories
1. The suffering of pain
2. The suffering of change
3. The suffering of conditionality

THE FIVE HINDRANCES
These are the classical hindrances to meditation practice
1. Desire, clinging, craving
2. Aversion, anger, hatred
3. Sleepiness, sloth
4. Restlessness
5. Doubt
The Tree of Contemplative Practices

The Center for Contemplative Mind in Society
www.contemplativemind.org