1. Suffering:

The Buddha taught that suffering is inevitable and that it stems from physical or mental problems. He taught that there are eight types of suffering:

- Birth
- Old age
- Sickness
- Death
- Being with foes
- Being without loved ones
- Unfulfilled desires
- Burning of the Five Skandhas

2. Emptiness:

Emptiness gives rise to existence, “emptiness does not mean nothingness but the availability of space that allows a building to be rebuilt.”

3. Impermanence:

Impermanence indicates that change and improvement are possible. “as long as we are willing to correct ourselves, refine our behaviour, and strive hard, then we can naturally turn our future and fate around.”

4. Selflessness:

‘who am I?’ “Beyond the physical body is an eternal spiritual life that never dies.”
“The Buddha lived a life that abided by the Six Paramitas”

Generosity means to “give without becoming attached to form” or return.

Discipline “means to prevent wrongdoings and cease unwholesome acts.”

Diligence in practice helps us learn to discipline our minds from thoughts of greed, anger, or jealousy.

Patience is a kind of strength, wisdom, and compassion. It makes us stronger.

Meditative concentration is the key to finding peace and purpose in life and can be done in any activity.

Wisdom helps us to overcome all wrong views and afflictions caused by ignorance, and reach the state of perfect ease.

Prevent evil when there is none

Eradicate evil when there is some

Prompt virtue when there is none

Enhance virtue when there is some

Ordinary Patience to deal with everyday life

Dharma Patience to deal with worldly concerns

Patience of Non-arising Dharmas that perceives all things as equal