

# Soul Ninja Notes

Danielle Shroyer

[www.beasoulninja.com](http://www.beasoulninja.com)

## The Four Noble Truths:

1. Life inevitably involves suffering. Every person experiences a kind of unsatisfactoriness that life doesn't ever happen exactly the way we want.
2. When we reject this inevitability and try to cling to reality as we want it to be, we end up adding to our suffering.
3. The good news is that we have the power to decrease our suffering that comes from these negative forms of attachment.
4. The way we decrease this suffering is through the Eightfold Path.

## The Eightfold Path:

1. Right View: To see the world as it really is, we accept the Four Noble Truths.
2. Right Intention: Our intentions are the seeds of our words and actions, so it's imperative that we become aware of what they are.
3. Right Speech: Considering how our words have consequences. Specifically, the goal is to avoid four kinds of speech- false speech (lies), harsh speech (insults, cruelty), slanderous speech (words meant to sow division) and idle chatter (gossip, unnecessary words).
4. Right Action: Our actions, of course, also have consequences. The four specific actions to avoid are taking a life, not taking what isn't given, and abstaining from sexual misconduct.
5. Right Livelihood: What we do in our jobs contributes a lot of hours to who we become over time. In Buddhism, there are five vocations to avoid: dealing with weapons, doing anything that makes humans into a commodity, producing animals for slaughter, creating or selling anything poisonous, and creating or selling intoxicants.
6. Right Effort: This step is about managing our energy. So, we prevent unwholesome states from arising. When they do, we gently and compassionately send them away. It also means we try to call up wholesome states of being, and when they arise, we try to keep them around.
7. Right Mindfulness: Thich Nhat Hanh describes Right Mindfulness as "the energy that brings us back to the present moment." We learn to cultivate it here, and stay present.
8. Right Concentration: This final step is about growing our meditation practice to become deeper and deeper levels of concentration. Here, we learn how to work skillfully with our minds to cultivate wisdom.

## The Ten Paramitas:

1. Generosity
2. Morality
3. Renunciation
4. Wisdom
5. Energy
6. Patience
7. Truthfulness
8. Determination
9. Loving-kindness
10. Equanimity

For further reading:

*Shambhala: The Sacred Path of the Warrior* by Chogyam Trungpa Rinpoche

*How to Meditate* by Pema Chodron

*When Things Fall Apart* by Pema Chodron