1) **The Truth about Suffering**: Pain is inevitable, suffering is optional.

2) **The Truth of the Cause of Suffering**: Craving is the cause of all suffering.

3) **The Truth about the Permanent Cessation of Suffering**: When craving is completely eliminated, suffering never returns. But craving is rooted in delusion, so the elimination of craving requires overcoming delusion.

4) **The Truth about the Path to the Permanent End of Suffering**: The Noble Eightfold Path leads directly and certainly to the end of delusion, craving, and suffering.
The Eightfold Path

1) Right Understanding (& Right View)

2) Right Intention

3) Right Speech

4) Right Action

5) Right Livelihood

6) Right Effort

7) Right Concentration

8) Right Mindfulness
1) The Four Noble Truths
2) The Three Characteristics
3) Causality and Karma
The Three Characteristics

1) Impermanence

2) No-Self (Emptiness)

3) Suffering
The Three Characteristics: Impermanence

- Everything changes
- All that arises due to causes and conditions must pass away
- There is only process
- Ultimately, there is no "thing"
- Thingness is an illusion projected by the mind onto parts of the process that don’t appear to change quite as fast
- There is only one process
- Every "thing" is interdependent and interconnected
The search for an abiding "Self" or Soul: *The Five Aggregates*

1) The Physical Body

2) Feelings:
   1) Pleasant
   2) Unpleasant
   3) Neutral

3) Perceptions

4) All other Mental Formations

5) Consciousness:
The search for an abiding "Self" or Soul: *The Five Aggregates*

**Consciousness**

Feelings (5 kinds)  
Perceptions  
Mental Formations  

Sensations
Consciousness:

1) Eye Consciousness – Vision
2) Ear Consciousness – Hearing
3) Bodily Consciousness - Touch, etc
4) Nose Consciousness – Smell
5) Tongue Consciousness – Taste
6) Mind Consciousness - Thoughts, memories, emotions, etc
7) Binding Consciousness - The story of "me" and "my world"
The Conscious Mind

- Seven Kinds of Moments of Consciousness
- The Contents of each Moment of Consciousness
  - Sense Objects
  - Feelings
  - Intentions
- Non-perceiving Mind Moments

The Unconscious Mind

- The Sensory Mind
- The Discriminating (Thinking/Emotional) Mind
- The Narrating Mind