

# The Four Noble Truths

- 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

# Right Understanding

- 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 Five Aggregates I

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 Five Aggregates II

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

## Consciousness

Feelings (5 kinds)

Perceptions

Mental Formations

Sensations

# Consciousness

## 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 Mind System

## 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