

2019, March 23: The Four Noble Truths

1. The Truth of Suffering (Suffering of Suffering, Suffering of Change, Pervasive Suffering)
2. The Truth of the Origin of Suffering (Karmic action and Ignorance)
3. The Truth of Cessation (total elimination or total cessation of delusion and suffering through the insight of emptiness)
4. The Truth of the Path (37 factors of enlightenment, 4 close placements of mindfulness, 4 miraculous powers, 4 pure abandonments (which are related to the path of accumulation); 5 powers and the five forces (the path of preparation); 7 factors of enlightenment (the path of seeing); and 8 path (the path of meditation), ten levels and the six transcendent perfections)

The first noble truth should be understood, the second noble truth should be abandoned, the third noble truth should be realized, and the last noble truth should be developed.

The two sets of Cause and Effect:

1. True Origin of Suffering (Cause) – True Suffering (Effect)
2. True Path (Cause) – True Cessation (Effect)

Arya Maitreya (Sublime Continuum):

Just as the disease need be diagnosed, its cause eliminated, a healthy state achieved and the remedy implemented, so also should suffering, its causes, its cessation and the path be known, removed, attained and undertaken

Rice Seedling Sutra:

Due to the existence of this, that arises.

Due to the production of this, that is produced.

It is thus: due to ignorance there is volition.

Online resources:

<https://studybuddhism.com/en/essentials/what-is/what-are-the-four-noble-truths>

<https://www.lamayeshe.com/article/four-noble-truths>