

## **July: The First Turning of Wheel of Dharma and Four Noble Truths**

*From the Sutra:*

The truth of suffering must be realized, the truth of origin must be abandoned, the truth of cessation must be manifested and the truth of path must be meditated.

*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

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, 5 powers, 5 forces, 7 factors of enlightenment, and 8 noble path)

The two sets of Cause and Effect:

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

Outline:

- 1) The Nature/Definition of each Noble truth and their Function
- 2) Classification
- 3) The order and how they are implemented

Online resources:

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

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