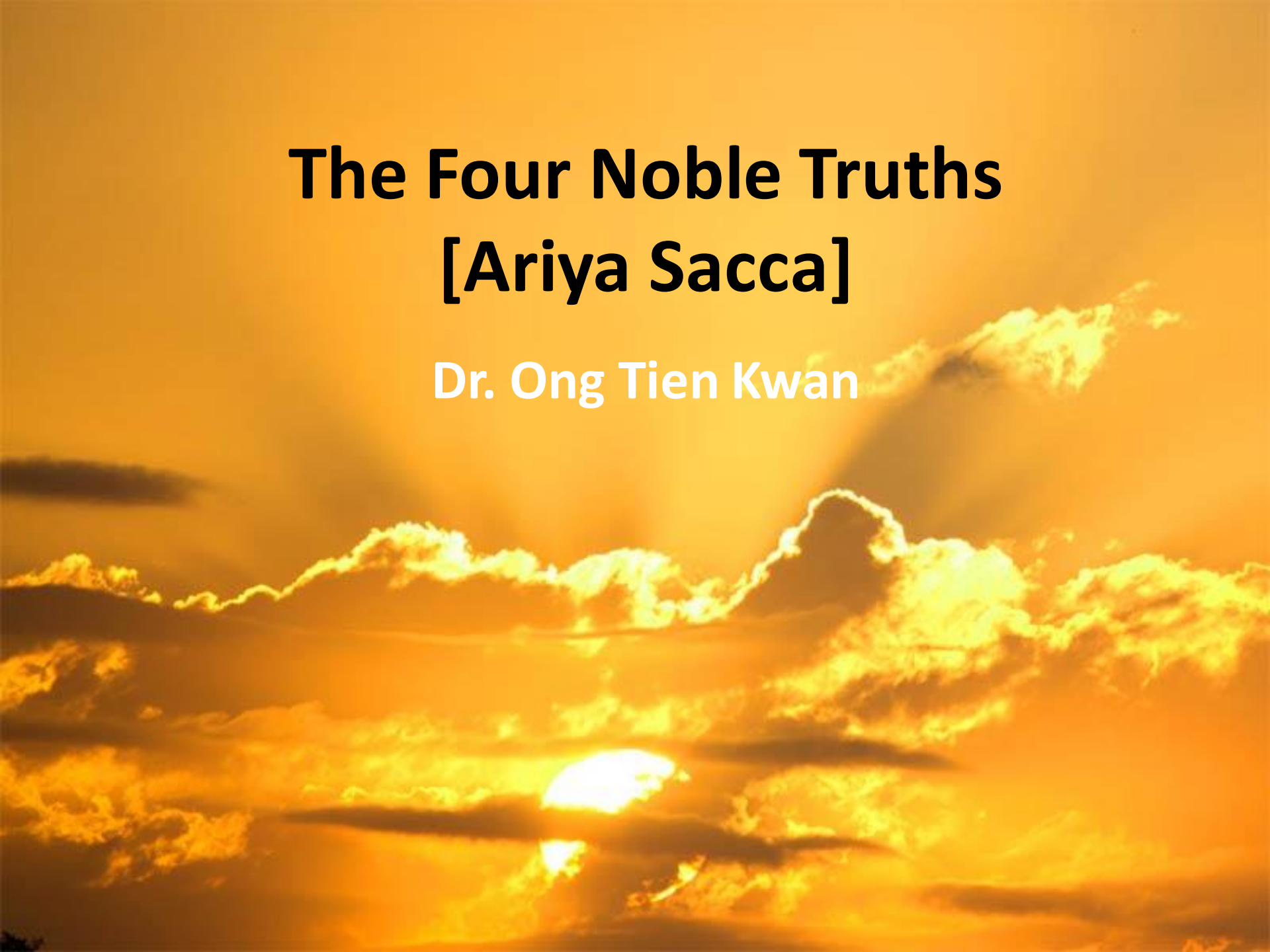


The Four Noble Truths **[Ariya Sacca]**

Dr. Ong Tien Kwan



What is Dhamma?

- **Universal Truths**
 - True in all of TIME and all of SPACE
- **Absolute or Ultimate Truths**
 - Fundamental (smallest unit of) Truths
- **Supramundane Truths**
 - Beyond worldly
- **Buddha's Teachings**

Recognising True Dhamma

- True dhamma is timeless & spaceless
- True dhamma, when practiced, is skillful (in thoughts, speech and actions) and wholesome in results
- True dhamma leads to the ending of greed (lobha), hatred (dosa) and delusion (moha)

Kalama Sutta (AN 3.65)

When you know for yourselves that, 'These qualities are skillful; these qualities are blameless; these qualities are praised by the wise; these qualities, when adopted & carried out, lead to welfare & to happiness' — then you should enter & remain in them.

Qualities of the Dhamma

Gotami Sutta (AN 8.53)

- *"As for the qualities of which you may know, 'These qualities lead to **dispassion**, not to passion; to being **unfettered**, not to being fettered; to **shedding**, not to accumulating; to **modesty**, not to self-aggrandizement; to **contentment**, not to discontent; to **seclusion**, not to entanglement; to **aroused persistence**, not to laziness; to being **unburdensome**, not to being burdensome': You may categorically hold, 'This is the Dhamma, this is the Vinaya, this is the Teacher's instruction.'"*

Qualities of the Dhamma

- Good in the beginning, good in the middle, good in the end.
- When put into practice, increases wholesome states and reduces unwholesome states
- Wholesome – reduces the **three poisons** of greed, hatred and delusion (or increase the opposite)

The Four Noble Truths

1. The Noble Truth of Dukkha

- To be completely understood

2. The Noble Truth of the CAUSE of Dukkha

- To be completely abandoned

3. The Noble Truth of the CESSATION of Dukkha

- To be completely realised

4. The Noble Truth of the PATH leading to the Cessation of Dukkha

- To be completely developed

The Great Physician

1. Identify the problem
2. Identify the cause
3. Is there a cure?
4. Provide the cure

1. Truth of Suffering
2. Cause of Suffering
3. State of No Suffering
4. The Noble Eightfold Path

Third Noble Truth

Fourth Noble Truth [Path]

Second Noble Truth [Craving]

First Noble Truth [Sufferings]

NIBBANA



SAMSARA

Anicca, Dukkha, Anatta

1. The Truth of Dukkha

[Dukkha Ariya Sacca]

- **Dukkha** = sufferings, stress, unsatisfactoriness
- “Now this, O Bhikkhus, is the Noble Truth of Suffering. Birth is suffering, decay is suffering, disease is suffering, death is suffering, to be united with the unpleasant is suffering, to be separated from the pleasant is suffering, not to get what one desires is suffering... This Noble Truth of Suffering should be perceived.”

Types of Dukkha

[Dukkhatta Sutta, SN 45.165]

1. Dukkha dukkha

- Birth, aging, sickness, death
- Not getting what you want, getting what you don't want
- Bodily and mental stress and pain

2. Sankhara dukkha

- Arising from formation or conditioned existence

3. Viparinama dukkha

- Arising from change (happens in all 3 worlds)

2. The Truth of the Origin of Dukkha [Dukkha Samudaya Ariya Sacca]

- **Tanha** (craving) is the cause of dukkha
- “Now this, O Bhikkhus, is the Noble Truth of the Origin of Suffering. It is this craving which produces rebirth, accompanied by passionate clinging, welcoming this and that (life). It is the craving for sensual pleasures, craving for existence and craving for non-existence... This Noble Truth of the Origin of Suffering should be eradicated.”

Dependent Origination

- What causes craving to arise?
 - Dependent Origination :
 1. **Ignorance** (about true nature of existence – **anatta**, **anicca**)
 2. Mental Formation
 3. Consciousness
 4. Nama-Rupa
 5. 6 Sense Bases
 6. **Contact**
 7. Feeling
 8. Craving
 9. Clinging
 10. Becoming
 11. Birth
 12. Sickness, Old Age, Death

3. The Truth of the Cessation of Dukkha [Dukkha Nirodha Ariya Sacca]

- **Nirodha** = cessation, extinction, extinguished
- “Now this, O Bhikkhus, is the Noble Truth of the Cessation of Suffering. It is the complete separation from, and destruction of, this very craving, its forsaking, renunciation, the liberation therefrom, and non-attachment thereto... This Noble Truth of the Cessation of Suffering should be realised.”

Seeing True Nature of Self

- Self = Mind+Body = Five Aggregates of Attachment
- Ending clinging and desires for experience and existence leads to Nibbana
- Need to see true nature of self and existence > dispassion

4. The Truth of the Path leading to Cessation of Dukkha [Dukkha Nirodha Gamini Patipada Ariya Sacca]

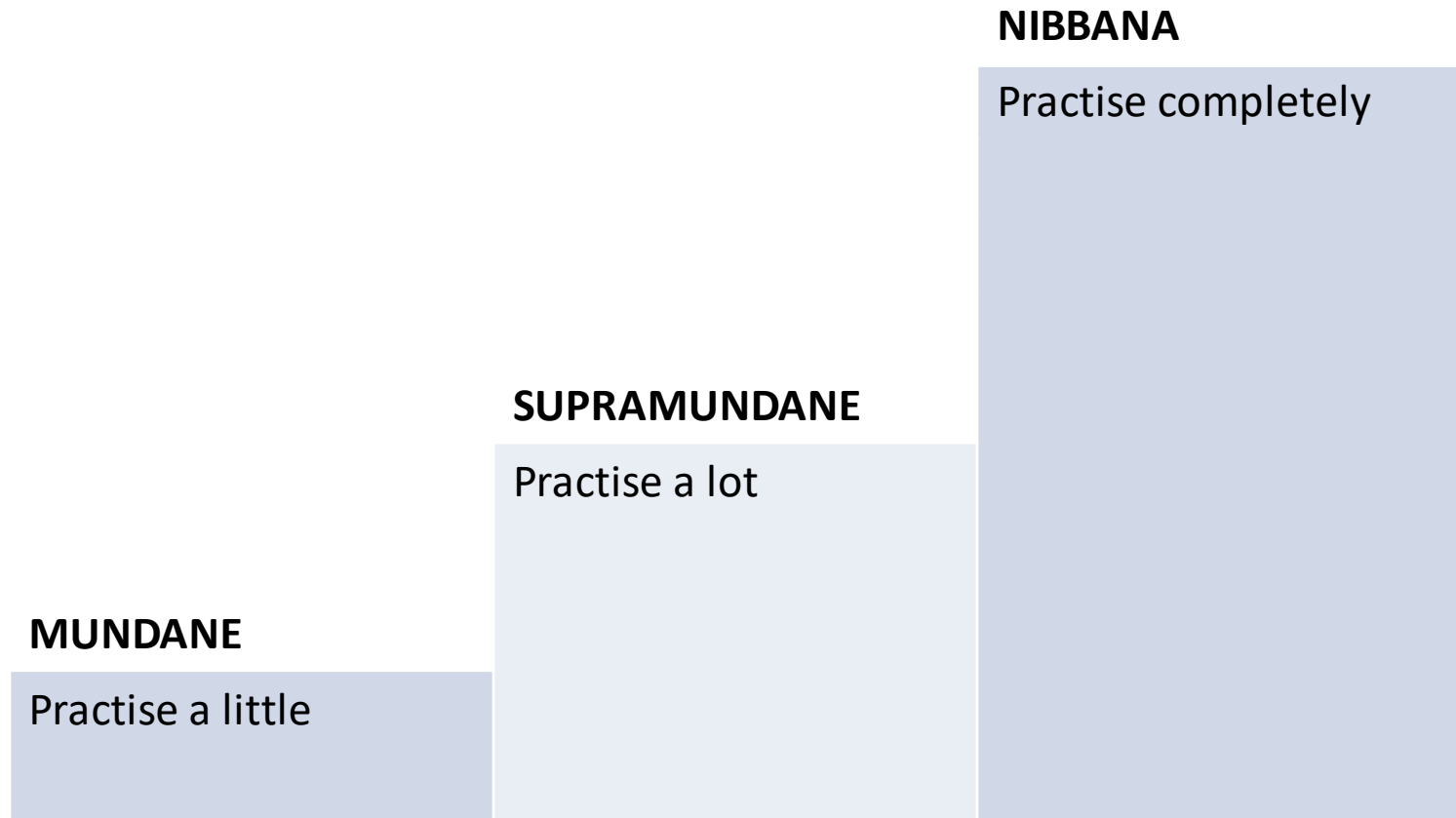
- “Now this, O Bhikkhus, is the Noble Truth of the Path leading to the Cessation of Suffering. It is the Noble Eightfold Path... This Noble Truth of the Path leading to the Cessation of Suffering should be developed.”

The Noble Eightfold Path

[Ariya Atthangika Magga]

1. Right View / Understanding
2. Right Intention / Thought
3. Right Speech
4. Right Action
5. Right Livelihood
6. Right Effort
7. Right Mindfulness
8. Right Concentration

Middle Path to Happiness



**When you practise a little,
you get a little happiness.**

**When you practise a lot,
you get a lot of happiness.**

**When you practise
completely, you get
complete happiness.**

