

BUDDHISM: CLASS OUTLINE 1

FOUR NOBLE TRUTHS, PT. I: SUFFERING & ITS CAUSES

I. The Buddha (“Awakened One”)

- **Siddhārtha** (“Wish-fulfiller” or “He who has reached his goal”)
- **Śākyamuni** (Sage of the Śākya tribe)
- **Gautama** clan

II. The Four Noble Truths (Pali: cattari-ariya-saccāni)

#1 Everything is **dukkha** (suffering / frustration / dissatisfaction)
- **anicca** (impermanence)

3 levels of dukkha:

- (i) suffering of suffering
- (ii) suffering of impermanence
- (iii) suffering of conditional existence

#2 Cause of dukkha: **taṇhā** [Skt: **trṣṇa**] (desire / grasping)

(things you want to happen) [**DESIRE**]

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##### ← gap where dissatisfaction occurs

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(things as they really happen) [**REALITY**]

#3 Cessation of dukkha: **nirvāna**

#4 Noble Eightfold Path: **aṭṭangika-magga** [Skt: **aṣṭangika-mārga**]