

# Introduction to Buddhism

## Session 5

10/30/22

### The Four Noble Truths

Fundamental to the teachings of the Buddha is the Four Noble Truths.

\* The Buddha turned the wheel of truth “started teaching the Dharma”. He taught of the importance of the Middle Way.

**Middle Path:** The Buddhist teaching that lays emphasis on a middle course of Action confronting extremes. Not to promote one side of any situation i.e. Good – Bad.

### The Four Noble Truths

1. **The Truth of Suffering:**
2. **The Truth of the causes of Suffering.**
3. **The Truth of cessation of Suffering.**
4. **The Truth of the path to the cessation of Suffering.**

**The Truth of Suffering:** The basic idea is that living is suffering (uncomfortable) which everybody experiences.

**Suffering/Dukkha:** The English word Suffering is too strong suggesting life is nothing but pain. It is also referred to Dis-Ease as looking at life as being uncomfortable with one's life situation. "Why can't I get head in life?"

**Buddhism describes six types of Suffering/Dukkha:**

1. Birth
2. Aging
3. Illness
4. Death

**II. The Truth of the Cause of Suffering.** Buddhism teaches that our suffering caused by the desires and attachments of our ego-driven self. Our ego is driven by the *Three Poisons*.

### **The Three Poisons**

1. Greed and Desire
2. Ignorance of the realities of the world (Four Characteristics of Life)
3. Anger