

Setting into motion the Wheel of Truth...

The Centered Path, Part 1 of Buddhist Basics (based on the Samyutta Nikaya)

Thus I have heard-

After the Buddha attained enlightenment under the Bodhi tree near Benares India, he set out to tell his friends... The five ascetics he practiced with for years.

They were not too happy with him as he gave up the rigorous practice and took some snacks from a girl leaving offerings for a tree god. They saw that something was definitely different about him so the five listened and learned...

It is based on a physician's work, all four parts were necessary to complete the job. The identification of the disease, the cause, whether it can be treated and the prescription.

The Four Noble Truths.

1. The truth of suffering. The Pali word for this is 'Dukkha' which means unsatisfactory, painful, or commonly, suffering basically, always changing (Life is challenging) We have identified there IS suffering, it should be understood and can be understood. It is a practice to develop compassion for ourselves and others. Dukkha is a common bond of all beings. There should be a practice to realize, 'Hm, I suffer, so does everyone else, it is not just me.'

2. The truth of the cause of suffering. In Pali, Samudaya, also known as attachment, craving or desire... (The cause is the mind struggling to respond to challenge) As we discuss this it also includes the ignorance we have towards it) The practice is to realize the desire for sense pleasure (think of food), desire to become (what we are not or do not have) desire to let go of (the origin of suffering is attachment to desire)

3. The truth to the end of suffering. In Pali, Nirodha or eliminating, cessation, or ending. I.E. The end is near... (A peaceful mind and an end to the struggle is possible) Three parts, There is or can be cessation of suffering, the end of dukkha should be realized, the cessation has been realized. Here we can begin to practice to let go of delusions. Contemplate 'why this?' 'what does this mean?' 'How can this be?' There is possibility and hope here, if we apply ourselves...

4. The truth of the way leading to the cessation of suffering - Eight Fold Path. In Pali, Magga or the way/means (Wise is in use for 'skillful' or 'right' which are common interpretations) They are separated into three parts which we will discuss later.

- a. Wise View or understanding of the cause of suffering
- b. Wise intention or resolve and motivation to end suffering
- c. Wise speaking that clarifies our challenges and way out of them
- d. Wise action and behavior that supports our practice.
- e. Wise Lively hood that does not cause more suffering.
- f. Wise effort to cultivate a peaceful mind, life, and habits
- g. Wise concentration that cultivates steadiness and focus on ease and peace
- h. Wise mindfulness that cultivates alertness and balance