

## 4 Noble Truths

David Brazier, *The Feeling Buddha*, 2002

### I. *The necessity of dukkha, affliction.*

There is affliction, suffering, dissatisfaction and unhappiness due to birth, old age, sickness, death, grief, lamentation, pain, depression, and agitation.

Brazier states that according to the original text of Buddha's talk, affliction is *all* of these, not just potentially escapable mental suffering only. To suffer affliction is authentic and noble and respectable. **The Buddha did not teach escape. There is no shame in imperfection.** The truly noble life is to live one's life just as it really is. The salvation of humankind will be found in the practice of a noble response to our existential reality. This is enlightenment.

### II. *The value of emotions.*

Emotions naturally arise from our human afflictions. This is noble, natural and acceptable. There is no shame of thirsting or craving for things to be different. Our emotions are real and worthy of respect.

Use the arising emotional energy for love, compassion, concern for others and the building of the path.

[https://www.youtube.com/watch?v=XjityRBFyIg&list=PLS5oW\\_z5JxGGDNw0479KQRKW-hHPoOPIm&index=7](https://www.youtube.com/watch?v=XjityRBFyIg&list=PLS5oW_z5JxGGDNw0479KQRKW-hHPoOPIm&index=7)  
5/27/18

### III. *The sheltering of emotions from ego.*

Mastery of our human emotions can render them useful. They are an energy source which can be harnessed to put us onto a constructive life path.

#### ***Emotional Mastery*, by Sue Brooks, M.A., L.P.C.**

1> We have the ability to allow the emotions to surface and then to feel and **experience** them, instead of resisting them, going numb, or projecting them onto others. Emotions can get provoked and kicked up during a disturbing situation, or they can surface during our quiet time. Either way, we have the ability to be aware of them and stay fully present with them.

2> We have the ability to **identify** by name each of the emotions that surface – which oftentimes is more than one emotion at a time and oftentimes they are seemingly opposing emotions. It's ok to feel more than one emotion at a time. Journaling can be helpful with this.

3> We have the ability to listen and to receive the **message**, if any, that each emotion wants to share with us. Journaling can be helpful here too. Sometimes the message may be an old story that doesn't serve us any longer, and sometimes the message may be an important insight. And, sometimes we may simply feel and experience our emotions in silence and solitude.

4> Lastly we have the ability to **surrender** and let go of the emotions and old stories. It doesn't matter to who or to what we surrender – God or Spirit or Mother Earth. It only matters that we surrender and let go – returning the emotions to Origin.

5> Repeat. Often. There is always more – always another deeper layer calling us to be processed. Always.

### IV. *The unfolding of the noble life.*

A purposeful and noble life unfolds upon mastery of our human emotions. The path would include right view, right thought, right speech, right action, right livelihood, right effort, right mindfulness, and right Samadhi.

Brazier discusses that the 8 fold path is a *result* of understanding suffering and our emotions; it is *not* that living the 8 fold path will put an end to our suffering.