

Week 2

- Four Noble Truths
 - Eightfold Path
 - Precepts
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Four Noble Truths

- *Suffering*: Life is characterized by suffering (*dukkha*)
- *Cause of suffering*: Suffering is caused by desire (*tanha*)
- *Cessation of suffering*: Desire can be ended
- *Eightfold path*: Release can be attained by practicing the Eightfold Path

Eightfold path

- *Prajna* / wisdom: right view, right intention
- *Sila* / morality: right speech, right action, right livelihood
- *Samadhi* / concentration: right effort, right mindfulness, right concentration

Precepts

- Three refuges
- Three collective pure precepts
- Ten major precepts

Next week: Three marks of existence, dependent co-arising, no self / emptiness

For more advanced study and reflection

- Consider the relationship between the Four Noble Truths and the four bodhisattva vows. Take into account the difference between desire and aspiration.
- Consider the meaning of “right” before each of the elements of the eightfold path. How do the practice of the eightfold path and the study of nyoho reflect each other?
- Consider the way the Three Treasures are characterized here as the Three Refuges, and the relationship with the absolute form of the three treasures discussed last week.

Three refuges:

I take refuge in the Buddha, honored as the highest.

I take refuge in the Dharma, honored as the stainless.

I take refuge in the Sangha, honored as the harmonious.

Three collective pure precepts:

- the precept of embracing moral codes
- the precept of embracing all good acts
- the precept of embracing and benefiting all living beings

Ten major precepts:

- First, the precept of not killing.
- Second, the precept of not stealing.
- Third, the precept of not indulging in sexual greed.
- Fourth, the precept of not speaking falsehood.
- Fifth, the precept of not selling intoxicating liquor.
- Sixth, the precept of not talking of the faults of others.
- Seventh, the precept of not praising oneself or slandering others.
- Eighth, the precept of not begrudging the Dharma or material things.
- Ninth, the precept of not giving rise to anger.
- Tenth, the precept of not ignorantly slandering the Three Treasures.

