

April 27, 2021  
Program 9  
Four Noble Truths  
四聖諦

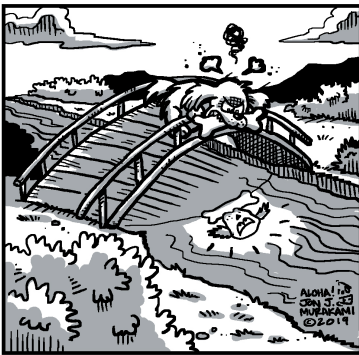
Basic outlook of Buddhism: Why things happen?

1. Because of the action of God or gods. 神の仕業
2. Because of what we did in our previous lives. 宿命
3. Because by chance; no real reason. 偶然論
4. Because of cause-and-effect relationship. 因果論

And Focused on:

Turning delusion to open up Awakening 轉迷開悟

Eliminating suffering and offering happiness 拔苦与樂



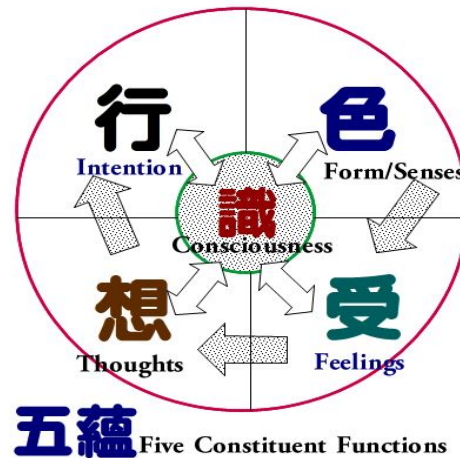
1. The First Truth of Suffering: We all experience suffering.
  1. birth 生
  2. aging 老
  3. illness 病
  4. death 死

5. having to leave what one likes. 愛別離苦

6. having to face what one does not like. 怨憎会苦

7. not getting what one wants or seeks. 求不得苦

8. attachment to the five physical-psychological components that make up my experience. 五蘊盛苦



2. The Second Truth of the Cause of Suffering: Suffering is caused by greed, hatred, and ignorance (or stupidity, thus G.A.S.).

1. Greed, Desire, Wish, etc. 貪欲 (どんよく)、

2. Anger, Hatred, Aversion, etc. 瞋恚 (しんに)、

3. Ignorance, Stupidity, etc. 愚痴 (ぐち) Impermanent Interdependent

3. The Third Truth of Cessation: There is a state of awakening where suffering ceases or stops.

1. Nirvana, Enlightenment, Awakening, Liberation, etc.

2. Nirvana:

a. Literal meaning is the state in which G.A.S. is blown out.

逐語的な意味 = 煩惱が消えた状態

b. It can be described as “extreme happiness, bliss, freedom,

and/or liberation.”

4. The Fourth Truth of the Path: There is a path for realizing awakening =

Eightfold Noble Path 八聖道

- |                        |     |
|------------------------|-----|
| 1. Right View          | 正見  |
| 2. Right Thought       | 正思  |
| 3. Right Speech        | 正語  |
| 4. Right Conduct       | 正業  |
| 5. Right Livelihood    | 正命  |
| 6. Right Effort        | 正精進 |
| 7. Right Mindfulness   | 正念  |
| 8. Right Concentration | 正定  |