MATERIAL 2

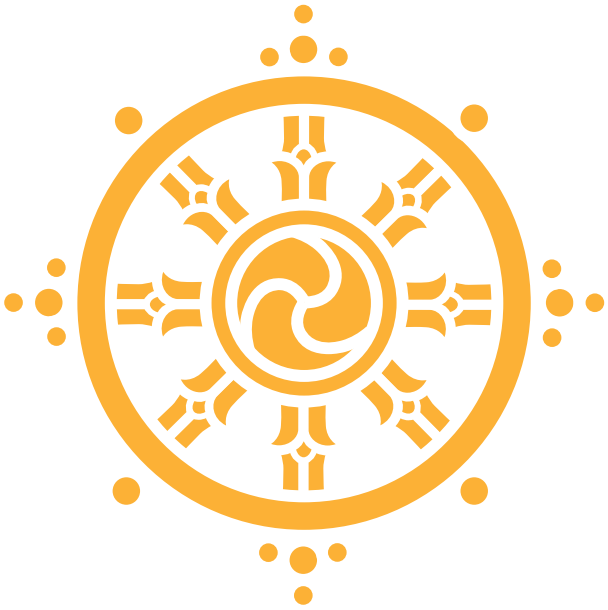
THE FIRST NOBLE TRUTH "THERE IS SUFFERING"

Seven weeks after his enlightenment, Buddha taught the "Four Noble Truths." He presented his teaching, the Four Noble Truths, in the way doctors of his time did, simply drawing on people's experience. First, the nature of the "disease" is described (here, suffering), then comes its history of origin (the cause of suffering); third, the prospects of cure (end of suffering), and fourth, finally, the proposed treatment (way to end suffering).

The Four Noble Truths are:
1. There is suffering.
2. There is a cause of suffering.
3. There is an end to suffering
4. There is a way to the end of suffering.

Buddha's teachings spanned from the representation of the limited nature of general experience (suffering) to liberation (an experience free of suffering) and enlightenment (every moment is characterized by wisdom, joy and compassion).

The First Noble Truth: "THERE IS SUFFERING"



Buddha divided suffering into three types:

THE FIRST KIND OF SUFFERING: THE SUFFERING OF SUFFERING

Suffering from what immediately hurts, e.g. toothache, hunger, enduring cold or heat, etc.

THE SECOND KIND OF SUFFERING: THE SUFFERING OF CHANGE

The suffering we experience when we cannot hold on to pleasant states: Even the most beautiful party comes to an end, and the coolest cell phone will soon be out. Heartbreak, loss, separation, etc. are examples of this second type of suffering.

THE THIRD KIND OF SUFFERING: THE SUFFERING OF IGNORANCE

The Suffering of Ignorance (Part 1):
We forget the conditionality of all experience. We often rely on changeable, external things. In doing so, we are unaware that we do not understand the big picture and have no control over our inner life and future. We are often a pawn in the constant ebb and flow of sorrowful and happy experiences.
The suffering of ignorance (Part 2):
The suffering of not constantly experiencing our inherent joy.

Because the word "suffering" always appears in the Four Noble Truths, one might think that Buddhism is primarily about suffering. However, the opposite is true. Buddhism is about lasting happiness. Buddha taught that we are joyful by our very nature, but we do not experience this all the time. This inherent joy emerges when disturbing feelings and constricting concepts are discarded.