

# FOUR NOBLE TRUTHS OF BUDDHISM

PARAMITA BASU

ASSISTANT PROFESSOR

DEPARTMENT OF PHILOSOPHY

BIDHANNAGAR COLLEGE

SALLAKE, KOLKATA

# FOUNDER OF BUDDHISM

- Siddhartha or Gautama Buddha is the founder of Buddhism
- Born in 563 B.C. at Lumbini in Kshatriya clan
- *Tripitaka* is the compilation of the teachings of Buddha
- *It was written in Pali scripts*
- *It is a combination of three books(pitakas)*
  - a) Vinaya Pitaka- rules of monastic disciplines for monks
  - b) *Sutra Pitaka* – collection of Buddha's sermon
  - c) *Abhidhamma Pitaka* – Philosophies of Buddha's teachings

# TEACHINGS OF BUDDHA

- Four Noble Truths are the most important teachings of Buddha
- Gautama realized the Truths through contemplation
- The Noble Truths are –
  - a) Suffering (*Dukkha*)
  - b) Cause of this suffering (*Dukkha -Samudaya*)
  - c) Possibility to stop suffering (*Dukkha- Nirodha*)
  - d) Path leads to cessation of suffering (*Dukkha- Nirodha -Marga*)

# FIRST NOBLE TRUTH

- Life in the world is full of Suffering
- Even apparent pleasures are fraught with pain
- Worldly materials and things appear as pleasures to the short-sighted people
- The far-sighted people sense worldly pleasures as sources of fear

# SECOND NOBLE TRUTH

- Suffering, like every other things, depends on some conditions
- The chain of causes and effects leads to suffering in the world
- Twelve links in the chain are –(1) Suffering is due to (2)Birth, due to (3) Will to be born, is due to (4) Our mental clinging to objects, is due to (5) Thirst or desire for objects, again is due to (6)Sense-experience, which is due to (7) Sense-object contact , is due to (8) Six-organs of cognition, again is due to (9) Embryonic organism, which again is due to (10) Initial consciousness, which again is due to (11) Impressions of the experience in past life, which lastly are due to (12) *Ignorance* of truth.
- These constitute the wheel of existence: birth and re-birth (*bhava-chakra*).
- The present life is the effect of the past and the cause of the future.

# THIRD NOBLE TRUTH

- Suffering must cease if its cause is stopped.
- Cessation of suffering, i.e., *nirvana*, is attainable in this life.
- Nirvana is not inactivity or extinction of existence.
- It's the extinction of misery and cause of rebirth.
- Nirvana cannot be described in any terms of ordinary experiences.
- The real nature of nirvana can only be realized.

**THANK YOU**

# FOURTH NOBLE TRUTH

- The path consists of eight steps: (1) right views – Knowledge of four noble truths, (2) Right resolve – Firm determination to reform life in the light of truth, (3) Right speech - Control of speech, (4) Right conduct – Abstention from wrong action, (5) Right livelihood – Maintaining life by honest means, (6) Right effort – Constant endeavour to maintain moral progress by banishing evil thoughts and entertaining good ones, (7) Right mindfulness – Constant remembrance of the perishable nature of things, (8) Right concentration – Four stages of contemplation that leads to the ultimate goal of nirvana.
- In brief, the three essentials of the path are – Conduct (*shila*), Concentration (*samadhi*) and Knowledge (*prajna*)