

2. **Dharma:** "teachings" codified from oral tradition, based on non-theistic insights, ultimate nature of mind and perceptions...Avidya = ignorance, rejection of Four Noble Truths

a. First Noble Truth: (Duhkha): "suffering" or dissatisfaction, discontent, ordinary life is unsatisfying, leads to suffering and sorrow

(1) no gratification/pleasure lasts: everything is transitory; pain, sickness, old age, death are inevitable, all pleasure is relative

b. Second Noble Truth: (Samudaaya): "origins" of suffering is Trishna, or "desire" grasping/craving that is never satisfied, always wanting more

(1) all desire is conditional: only conditionally satisfied, relative, never complete (fulfillment leads to new grasping, new conditions)

(2) humans bound by three kleshas (afflictions): desire, hate, ignorance (belief in self)

(3) Wheel of Life: constant death and rebirth through attachment to conditional desires/rewards (karma), endless repetition

c. Third Noble Truth: (Nirodha): "cessation" of desire or grasping, because all desire is illusory; even suffering is illusory; special disciplines

(1) Nirvana: "extinction" of all desire through direct insight into the nature of conditionality and impermanence (Maya/illusion)

d. Fourth Noble Truth (Ashtangika Marga): Eightfold Path, the Middle Way that leads to Nirvana (moksha?) from suffering (1-2 = Wisdom/Prajna; 3-5 = Morality/Sila; 6-8 = Concentration/Samadhi)

(1) Right Views : = acceptance/understanding & practice of Four Noble Truths, + illusion of individual existence (anatman)

(2) Right Intention: = renunciation of world, holding good will, and not acting with violence/harm toward others

(3) Right Speech: = avoid lying, slander, gossip, harsh criticism; be courteous, agreeable, gentle, pleasing in speech

(4) Right Action: = no killing, stealing, mislead, no intoxicants, no sexual relations; seek the good of others

(5) Right Vocation: = no harm/violence = AHIMSA, not break the 5 rules of Right Action; no exploitation or indirect harm to others

(6) Right Effort: = not to be caught in unwholesome states of mind, cultivating wholesome states (kindness, compassion, & joy)

- (7) Right Mindfulness: = constant awareness of all physical, emotional, and mental states, cultivating "insight" into impermanence
- (8) Right Concentration: = yoga, "one-pointedness" undistracted by extrasensory perceptions, 8 Dhyanas (levels of trance state)
3. **No-Self (Anatman)**: refutes the doctrine of "self" (atman), only conditional mental states, bound by karma, no eternal soul; Three Marks of Existence:
- a. Aviidyaa (ignorance): the ordinary condition of all beings...belief in reality or importance of individual identity, attachments, desires
 - b. Anitya (impermanence): no unchanging self, all subjectivity is conditional and undergoes constant change and transformation
 - c. Anatman (no-self): ignorance is taking the "self" to be real and lasting, everything is impermanent, no God/Goddess, impersonal reality
 - (1) Five Skandhas: body, sensations, feelings, will, ideas etc. are all impermanent, conditional, transitory -- no-self
 - (2) Jiva: "soul" is not eternal, but only a karmic entity, conditional and driven by desire and consequences of actions, life after life
 - (3) Ahamkara: "self" is illusory, a temporary psychological condition, based on habit and attachments to sensory perceptions + memory
4. **Conditionality**: dependent-co-origination, all individual beings influenced by a multitude of conditional factors, no true "self-nature" (svabhaava)
- a. Co-origination has multiple factors: influence from parents, society, culture, past lives, deeper aspects of consciousness, etc.
 - (1) all environmental factors: all social and personal relations, all goals and ideals, are conditional (maya)
 - (2) Karma: binding influences of cause-effect, not only based in choices, but in ALL circumstances--all factors that influence (an ocean)
 - (3) Samsara: binding conditionality of ALL present circumstances that have no ultimate origins, but self-perpetuating into future
 - (4) must reject world: give up controlling circumstances, seek for liberation from suffering (but - being a monk is conditional)
 - (5) Nirvana : an end to all conditionality, breaking the bondage of illusion, "cessation" of all conditional thought/perceptions