

EARLY BUDDHIST PHILOSOPHY



“WE ARE WHAT WE THINK. ALL THAT WE ARE ARISES WITH OUR THOUGHTS. WITH OUR THOUGHTS WE MAKE THE WORLD.”

-BUDDHA, DHAMMAPADA

WHO WAS THE BUDDHA



- **PRINCE SIDDHARTHA GAUTAMA**
- **563 BCE TO 483 BCE**
- **FOCUSED ON THE EXISTENTIAL,
NOT METAPHYSICAL.**
- **ONLY CONCERNED WITH
HUMAN EXISTENCE**
- **NEXT STEP IN INDIAN
PHILOSOPHY**

THE THREE CHARACTERISTICS OF EXISTENCE

- 1. ANICCA (IMPERMANENCE) - THE UNIVERSE AND EVERYTHING IN IT IS IN A STATE OF FLUX; EVERYTHING IS TRANSITORY.
- 2. DUKKHA (SUFFERING/DISSATISFACTION) - EXISTENCE INVOLVES REAL DISSATISFACTION CAUSED BY OUR FALSE SENSE OF PERMANENCE.
- 3. ANATMAN (NO-SELF) - NO SOUL OR PERMANENCE, ETERNAL INDEPENDENT SELF, WE ARE MADE UP OF CHANGING PARTS.

FOUR NOBLE TRUTHS

- THE REASON WHY EXISTENCE IS THE WAY IT IS.
- THE HEART OF THE BUDDHA'S TEACHING.
- EXPLAINS THE NATURE OF DUKKHA, ITS CAUSES, AND HOW IT CAN BE OVERCOME.

1. TRUTH OF DUKKHA (DISSATISFACTION)
2. TRUTH OF THE ORIGIN OF DUKKHA (DISSATISFACTION)
3. TRUTH OF NIRVANA (ELIMINATING DISSATISFACTION)
4. TRUTH OF MAGGA (PATH TO ELIMINATING DISSATISFACTION)

1. TRUTH OF DISSATISFACTION

- CERTAIN ELEMENTS OF LIFE CAUSE US TO EXPERIENCE DISSATISFACTION.
- BIRTH CAUSES DISSATISFACTION BECAUSE IT SUBJECTS YOU TO OLD AGE, SICKNESS, SORROW, PAIN, DESPAIR, SEPARATION, LOSS, WANTING AND NOT HAVING, LIMITATION, HATE, DEATH, ETC.
- THESE CAUSED BY THE SAMSARA (CYCLE OF LIFE)
- THESE CAUSE DUKKHA

2. TRUTH OF THE ORIGIN OF DISSATISFACTION

■ TANHA (EXCESSIVE DESIRE/CRAVING) CAUSES DUKKHA.

■ THE 3 MAIN KINDS OF CRAVINGS ARE THE

1. DESIRE FOR SENSORY PLEASURES (EMOTIONAL, PSYCHOLOGICAL)

2. EXISTENCE (LIFE)

3. NON-EXISTENCE (DEATH)

■ IN ORDER TO UNDERSTAND WHY, WE MUST EXAMINE WHAT HUMAN BEINGS ARE MADE UP OF...

2. TRUTH OF THE ORIGIN OF DISSATISFACTION

(CONTINUED)

■ 5 AGGREGATES OF ATTACHMENT TO FALSE SENSE OF PERMANENT EXISTENCE...

1. **FORMER OR MATTER (I.E. YOUR EYE)**

2. **SENSATION, FEELING OR CONTACT (THE EYE SEES SOMETHING)**

-CONSCIOUSNESS

3. **PERCEPTION & DESIRE (YOU LIKE IT)**

-PLEASANT, UNPLEASANT, NEUTRAL, WANT MORE OR LESS = DUKKA

4. **PREDISPOSITION OR KARMA (WANT TO SEE MORE)**

-THOUGHTS, IDEAS, OPINIONS, EMOTIONS

-HABITUAL TENDENCIES CREATING RELATIONSHIPS CAUSING ATTACHMENT

5. **HABITUAL RELATIONSHIPS (MY VISION)**

-EMOTIONAL & COGNITIVE DELUSION

-SUBJECTIFY & PERSONALIZE IT (MAKE ABOUT YOU & OTHER)

-TRY TO CONTROL THE EXPERIENCE/RELATIONSHIP

-ATTACHING TO A RELATIONSHIP OF FALSE PERMANENCE

2. TRUTH OF THE ORIGIN OF DISSATISFACTION

(CONTINUED)

- ALL COMBINE DUE TO CAUSALITY OR DEPENDANT ORIGINATION.
- ALL OF THESE STOP AT DEATH EXCEPT PREDISPOSITION.
- PREDISPOSITION CAUSES THE REFORMATION OF THESE AGGREGATES AND THUS REBIRTH.
- PREDISPOSITION CAUSES EMOTIONAL AND PSYCHOLOGICAL DESIRE.
- DESIRE CAUSES SAMSARA
- SAMSARA IS A PSYCHIC CYCLE WHICH IS ALWAYS IN FLUX.
- EVERYTHING IS CONDITIONAL AND RELATIVE TO EVERYTHING ELSE.

3. TRUTH OF NIRVANA

- LITERALLY MEANING THE “BLOWING OUT”
- CESSATION OF DUKKHA & STOPPING OF DESIRE
- ELIMINATING FALSE ATTACHMENT TO PERMANENCE
- THUS, CESSATION OF PERSONAL EXISTENCE
- HENCE, END OF DUKKHA
- NOTHINGNESS WHICH CANNOT BE EXPLAINED
- BEYOND DUALITY (I.E. MATTER/ENERGY, LIFE/DEATH, TIME/SPACE)

4. TRUTH OF MAGGA

- THE WAY LEADING TO THE EXTINCTION OF DUKKHA
- MIDDLE WAY OF MODERATION, AVOID EXTREMES, & DESIRES
- THE PATH IS MORE IMPORTANT THAN THE DESTINATION
- FOLLOWING THE PATH LEADS TO NIRVANA
- 8 FOLD PATH CAN BE APPLIED TO ALL ASPECTS OF LIFE

DEPENDANT ORIGINATION VIDEO



THE END