

The Life and Teachings of the Buddha

The Buddha

The Four Signs: age, sickness, death; and finally, freedom from this suffering

Symbolic Meaning of the Four Signs

Quest for Enlightenment

Practice of Yoga

Practice of Asceticism

Finding a Middle Way (between existence and nonexistence)

Enlightenment

The Buddha's Optimism

The Buddha's Teachings

The Fourfold Noble Truth

- 1) The truth of what suffering (dukkha) is: suffering, unsatisfactoriness...
- 2) The truth of the conditioned arising of suffering;
- 3) The truth that suffering can be eliminated by eliminating its conditions;
and
- 4) The truth that the way to remove the conditions that give rise to suffering is to follow the Middle Way, constituted by the Noble Eightfold Path.

The Noble Eightfold Path

- 1) Right View
- 2) Right Intention WISDOM (1&2)
- 3) Right Speech
- 4) Right Action MORAL CONDUCT (3-5)
- 5) Right Livelihood
- 6) Right Effort
- 7) Right Mindfulness MENTAL DISCIPLINE (6-8)
- 8) Right Concentration