

## 1—Dukkha

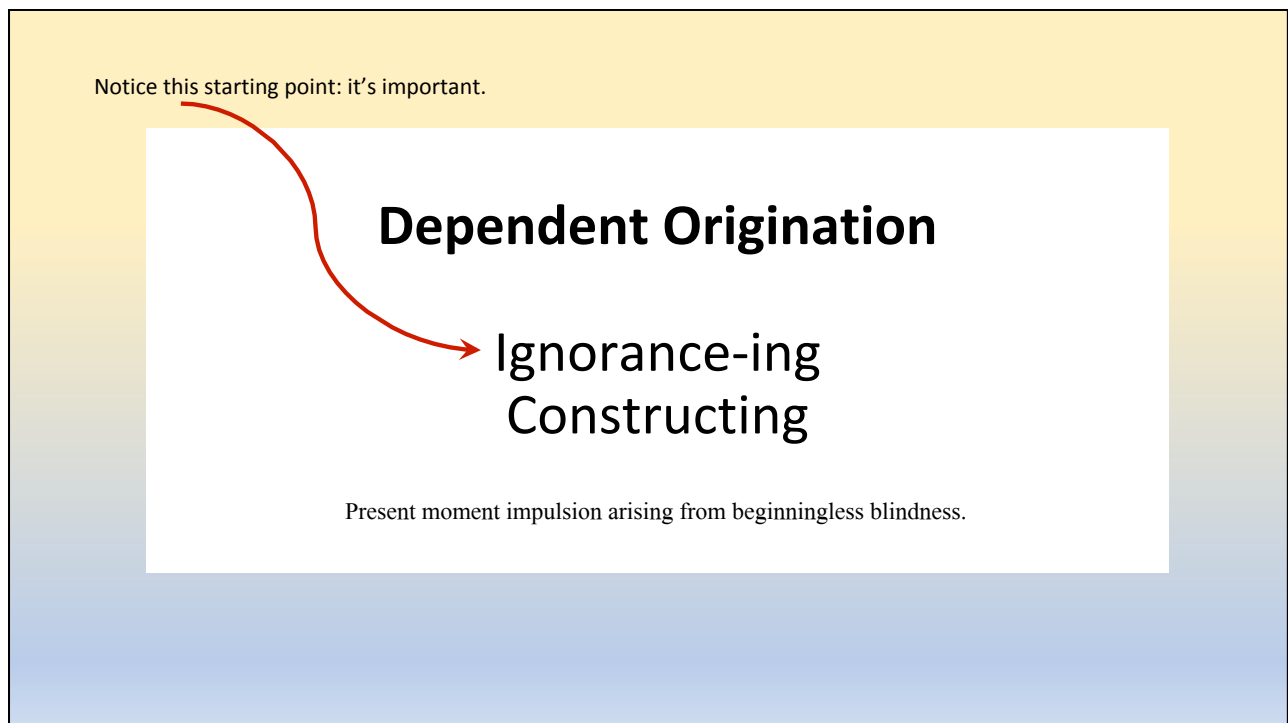
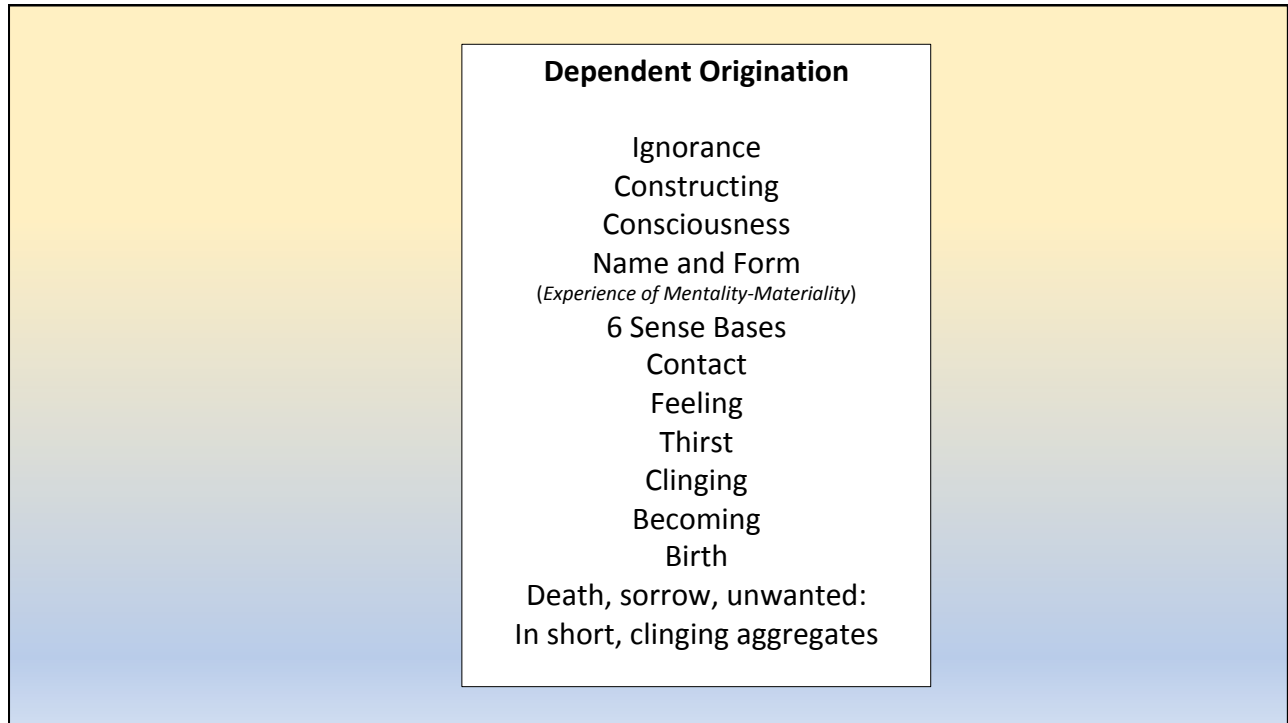
As a living experience

"Now this, monks, is the Noble Truth of dukkha: Birth is dukkha, aging is dukkha, death is dukkha; sorrow, lamentation, pain, grief, & despair are dukkha; association with the unbeloved is dukkha; separation from the loved is dukkha; not getting what is wanted is dukkha.

In short, the five clinging-aggregates are dukkha."

— SN 56.11

**"I teach suffering and the end of suffering."  
They are both contained in this teaching.**



## Dependent Origination

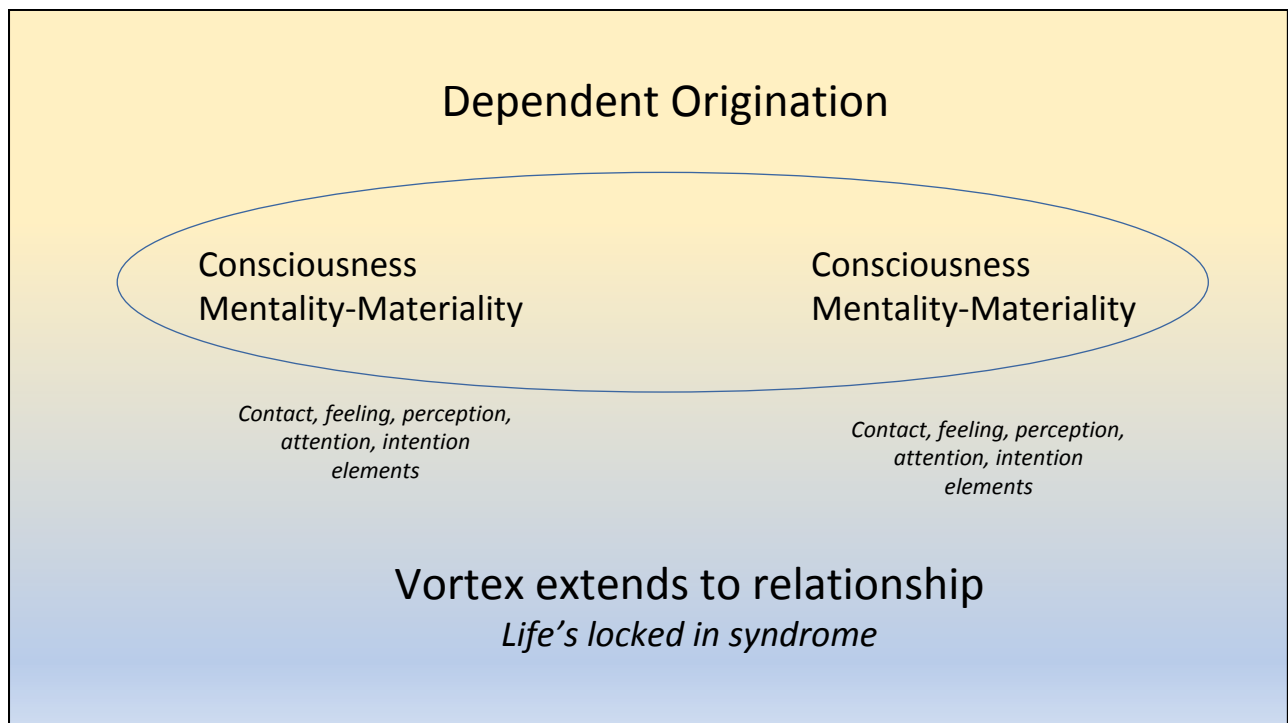
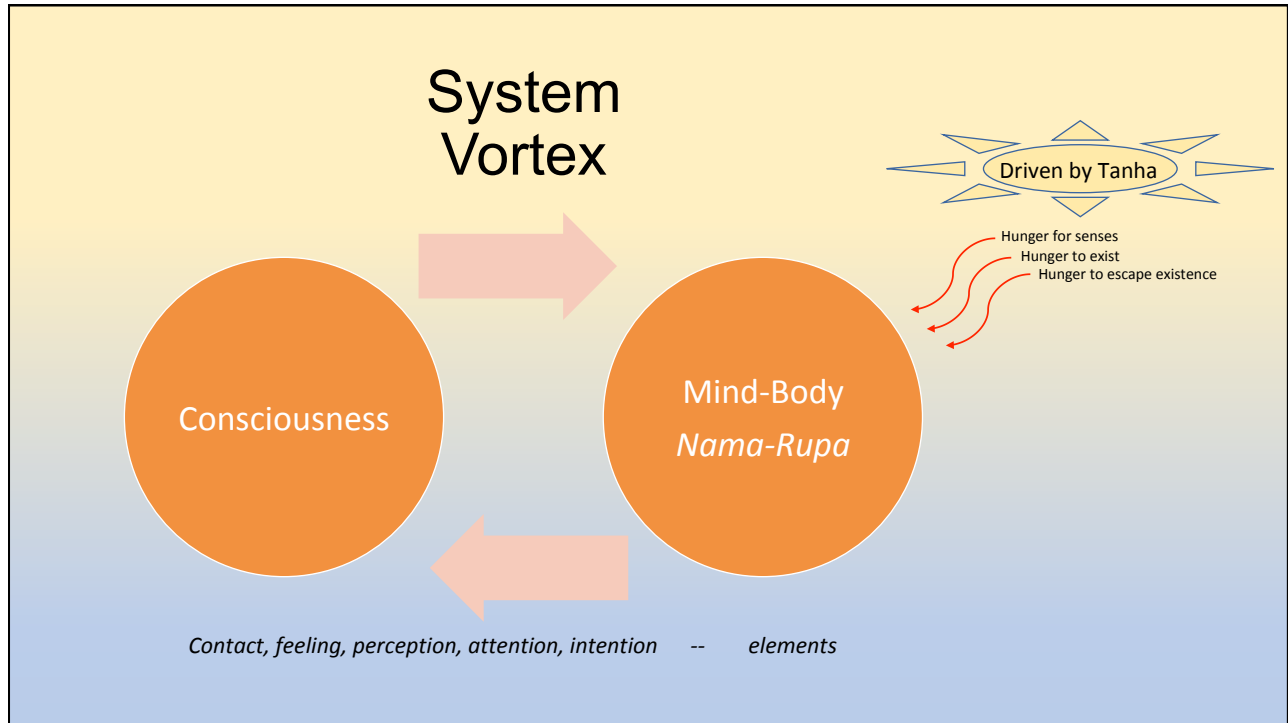
### Constructing Consciousness

Consciousness arises each moment, conditioned.  
Consciousness vanishes each moment, empty.

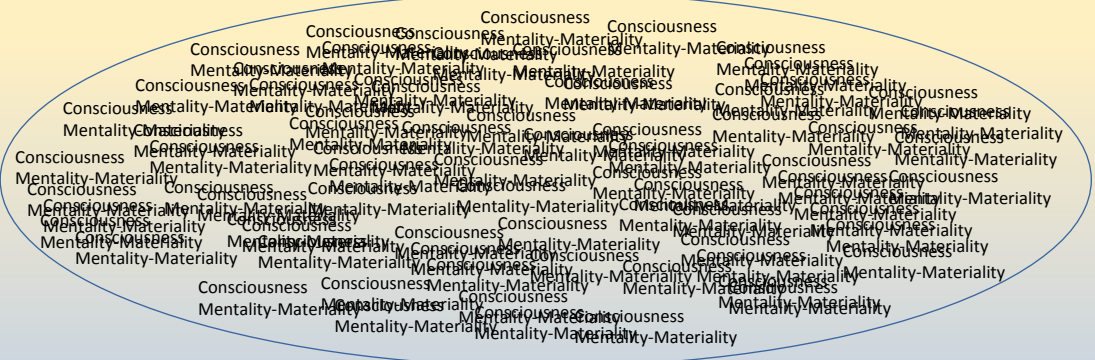
## Dependent Origination

Consciousness: viññana  
Mentality-Materiality: nama-rupa  
*Contact, feeling, perception, attention, intention -- elements*

*Vortex: Life's locked in syndrome*



## Dependent Origination



**Vortex extends to society**  
*Life's locked in syndrome forms  
structural basis.*

## Dependent Origination

Six sense bases  
Contact  
Feeling    pleasant, unpleasant, neutral

Human Sensitivity  
*Felt immersion in the environment*

Gratification

## Pausing for a Path Moment

- Six sense bases
- Contact
- Feeling

*What does this mean to your Path?*

*Human Sensitivity  
Felt immersion in the environment*

## Dependent Origination

Feeling:  
compelling, constraining, coercing, hustling → Thirst  
Clinging

*Feeling feeds thirst.  
Thirst is the force that drives the system  
Clinging is the grasping that tries to freeze it*

Gratification

## Dependent Origination

### Becoming Birth

*The tension of grasping is experienced as self.  
"I" experience this; it is real.*

Gratification

## Dependent Origination

Suffering—Dukkha:  
Birth, aging, death, sorrow, lamentation, pain, grief, &  
despair; association with the unbeloved, separation from  
the loved, not getting what is wanted:  
In short, the five clinging-aggregates are dukkha.

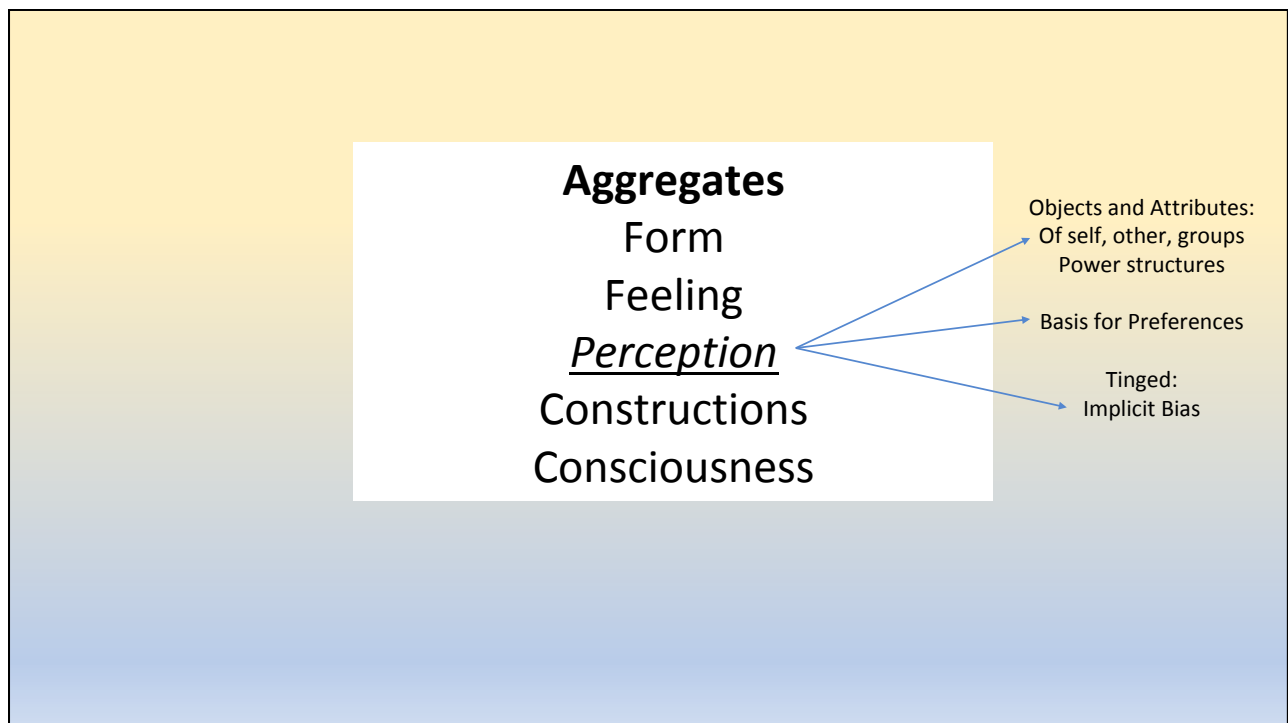
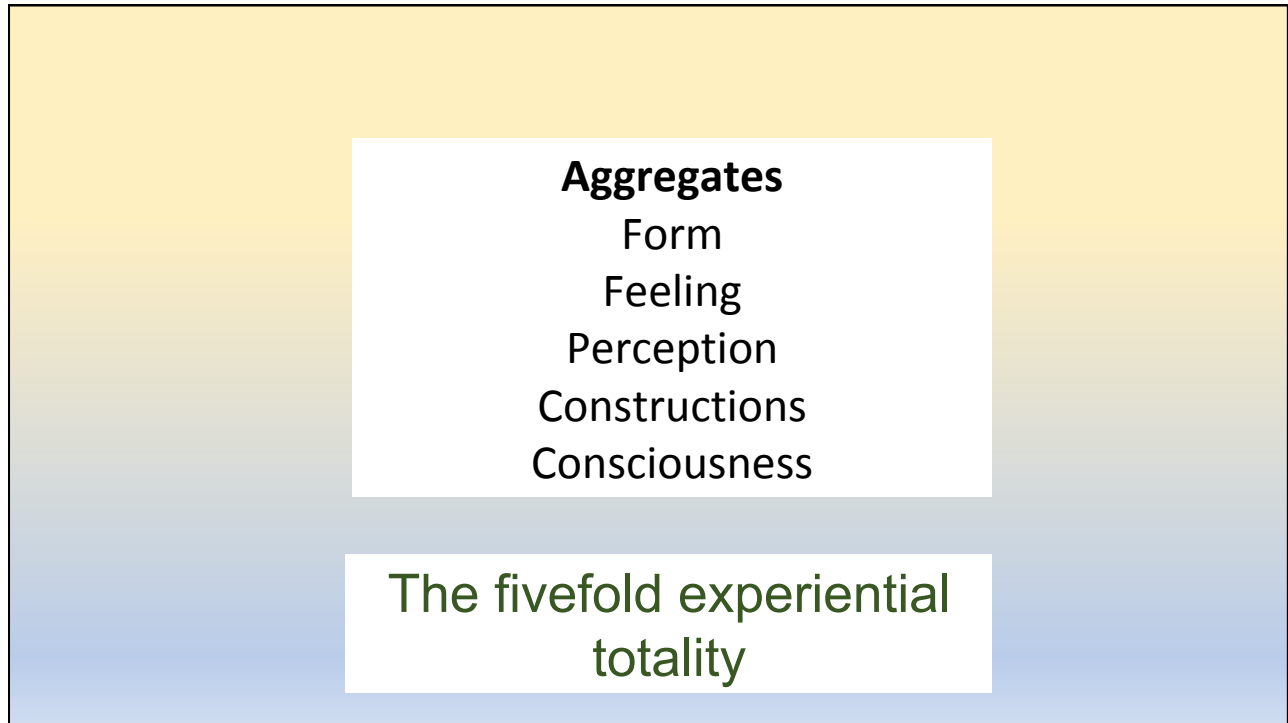
Pain

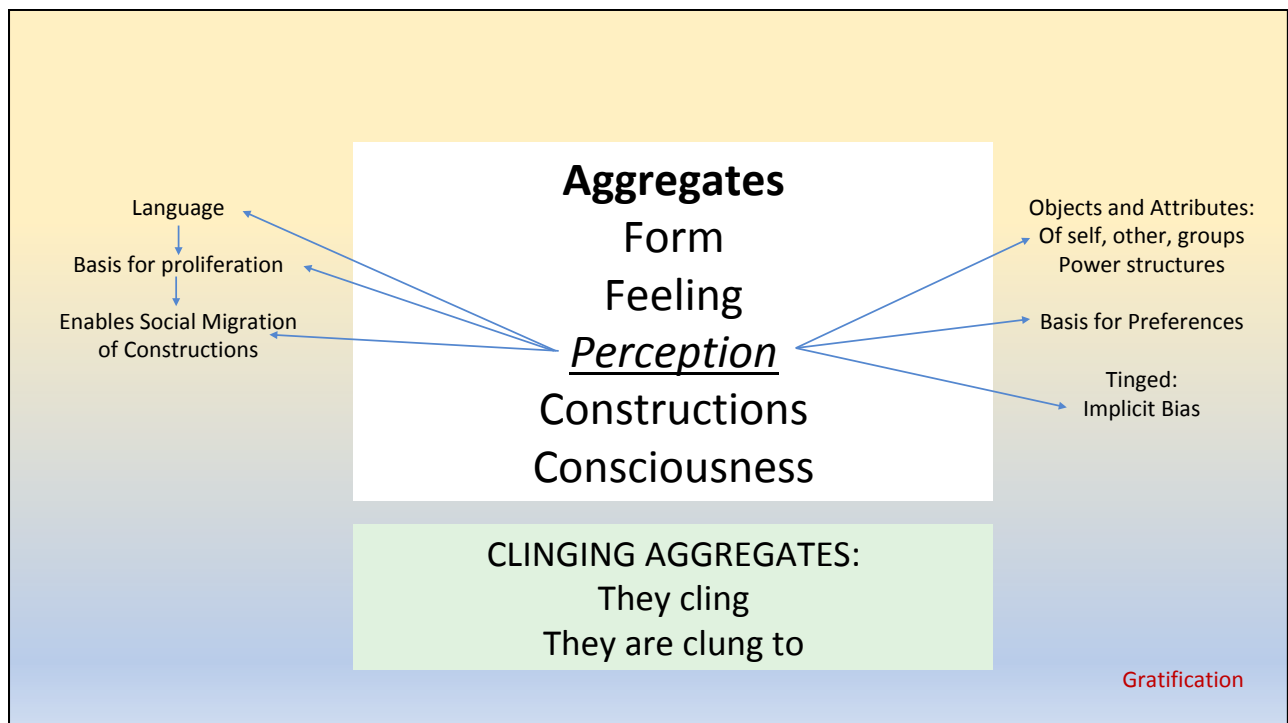
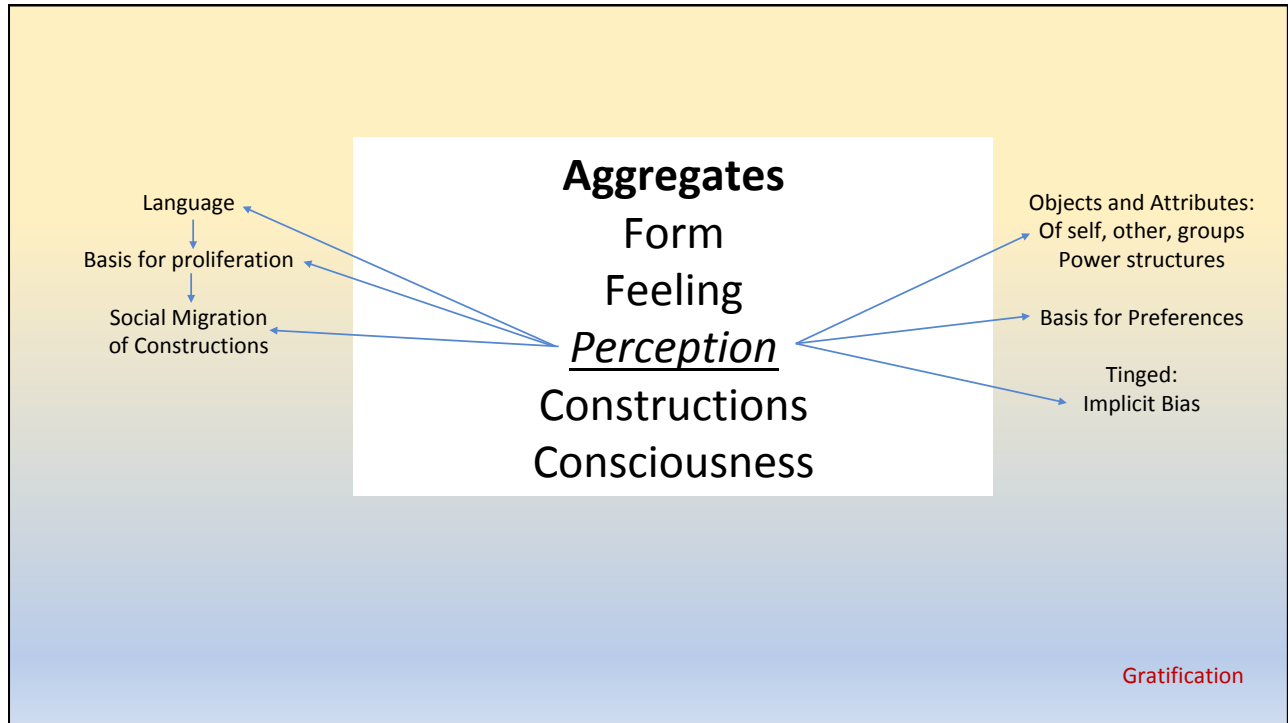
Change

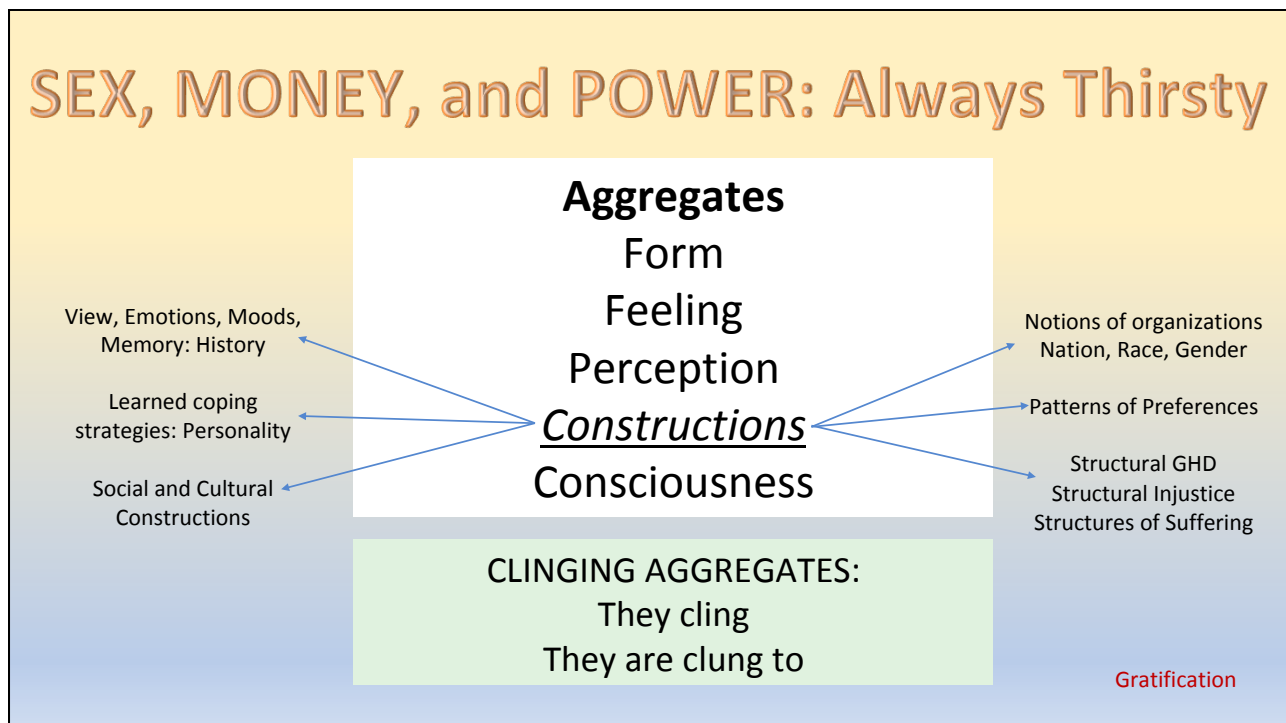
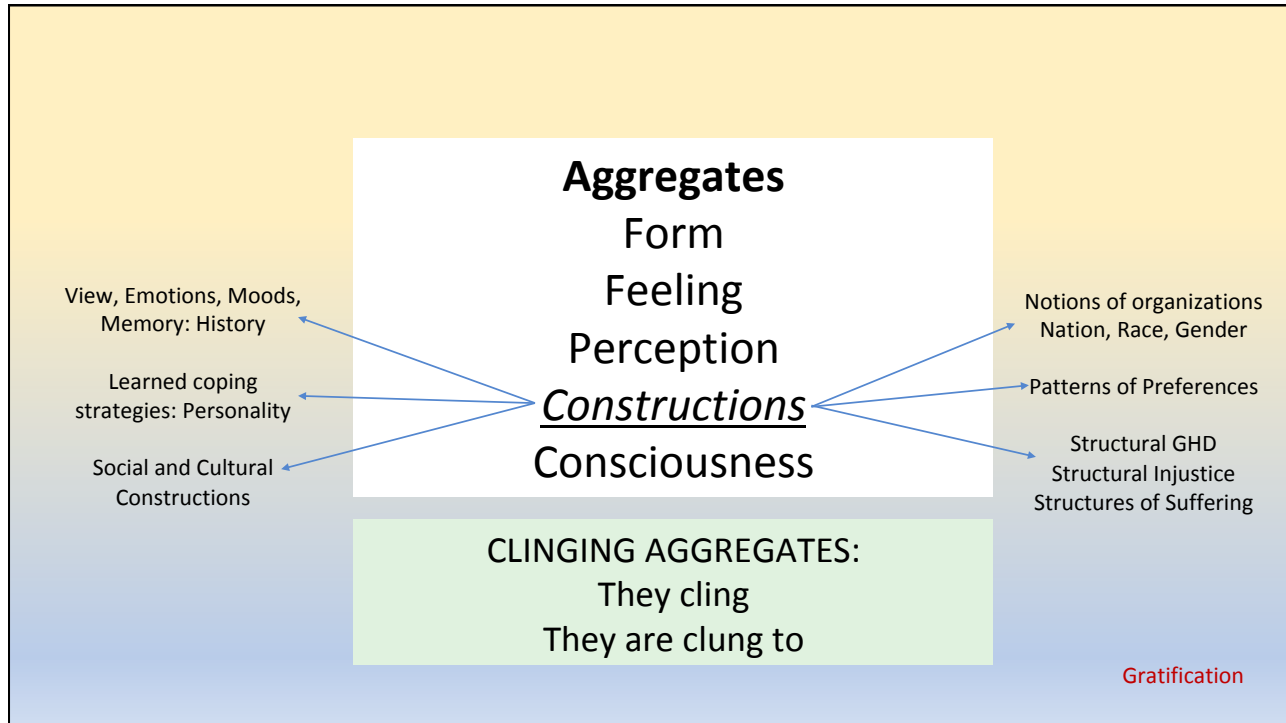
Constructions

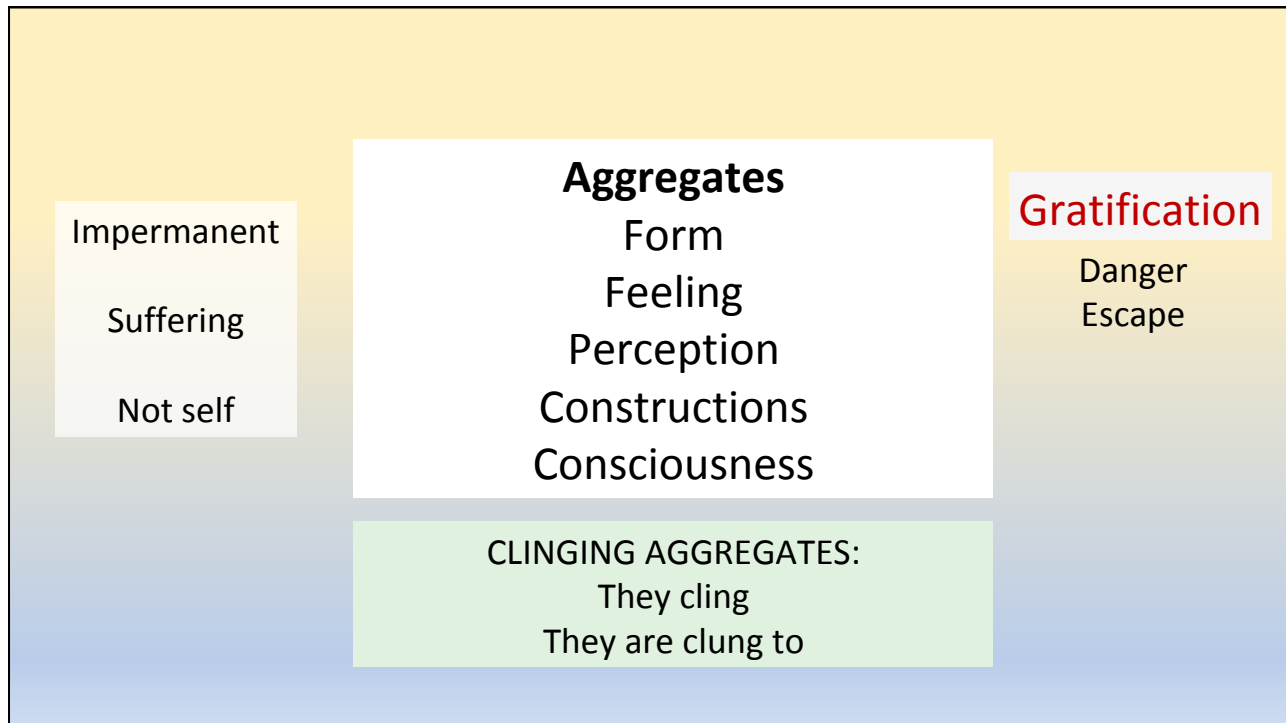
Gratification











BIRTH OF SORROW  
THE ARISING OF AGING AND DEATH  
AN ABODE: diffused and confined  
LEADING FROM DELIGHT TO SUFFERING  
THE PROBLEM WITH DELIGHT IN KHANDA: NOT FREED  
I AM—ALTERATION—PREOCCUPATION  
NOT YOURS, CARRIED OFF  
EACH IS IMPERMANENT AND ITS CAUSE IS IMPERMANENT  
BURDEN, CARRIER OF THE BURDEN, TAKING UP OF THE BURDEN  
RECKONED IN TERMS OF WHEN ORIENTED TO  
THE ROOT OF MISERY  
TO BE FULLY UNDERSTOOD  
WHAT IS UNDERSTOOD WHEN WE APPLY OURSELVES  
A MUST FOR DESTROYING SUFFERING  
UNDERSTANDING GRATIFICATION, DANGER AND ESCAPE  
WHY THERE IS DANGER, GRATIFICATION AND ESCAPE  
IN CESSATION, IT IS KHANDA THAT CEASE  
IS A MEASURE OF AWAKENING  
FRAGILE. ITS CESSATION IS THE UNFRAGILE  
EXQUISITE

Remember the Vortex:  
These clinging aggregates  
are compelled by hunger,  
seem to exist by clinging,  
and each moment  
consciousness and body-mind  
feed back to each other  
to sustain the illusion.

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THERE IS DANGER, GRATIFICATION AND ESCAPE  
IN CESSATION, IT IS KHANDA THAT CEASE  
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EXQUISITE

Personally  
In Relationship  
In Groups:  
Family, Community, Work  
In Society

<p><b>Four Noble Truths</b></p> <p>Suffering Origin Cessation Path</p>	<p><b>Dependent Origination</b></p> <p>Ignorance Constructing Consciousness Name and Form <i>(Experience of Mentality-Materiality)</i> 6 Sense Bases Contact Feeling Thirst Clinging Becoming Birth Death, sorrow, unwanted: aggregates</p>	<p><b>Aggregates</b></p> <p>Form Feeling Perception Constructions Consciousness</p>
<p><b>Impermanent Suffering Not self:</b> Of Self, Relationship, Family, Community, Workplace, Society</p>		<p><b>Gratification Danger Escape</b></p>