

Creatively **engage**

CPP Module 1



4

noble truths
ennobling truths
tasks

SUFFERING / STRESS / LIFE

KNOW / EMBRACE / UNDERSTAND

ORIGINATION

LET GO OF CRAVING / LET BE / ABANDON

CESSATION

EXPERIENCE STOPPING / SEE REACTIVITY STOP /
REALISE / SEE FOR ONESELF

PATH

EIGHTFOLD PATH: CULTIVATE / DEVELOP



Eightfold path

SAMMA

RIGHT / APPROPRIATE / CARING / CAREFUL

1. VIEW / PERSPECTIVE / UNDERSTANDING
2. INTENTION / THOUGHT / RESOLVE
3. SPEECH
4. ACTION
5. LIVELIHOOD
6. EFFORT
7. MINDFULNESS
8. CONCENTRATION / IMMERSION /
FOCUS / COLLECTEDNESS / COMPOSURE



sila (ethics)

SPEECH / ACTION / LIVELIHOOD

samadhi (meditation)

MINDFULNESS / CONCENTRATION / EFFORT

panna (wisdom)

VIEW / INTENTION

TITTHA SUTTA

MANO PAVICARA: MENTAL EXAMINATION, EXPLORATION
OF THE INTELLECT, MENTAL PREOCCUPATION

THE FIRST NOBLE TRUTH



dukkha

- Birth, sickness, ageing, death
- Sorrow, pain, grief & despair
- not getting what we wish for (and vice versa)
- the five “upadanakhandha” (clinging to focuses of identity / aggregates)

3 types of dukkha:

Dukkha ~ pain

Viparinama ~ change/impermanence

Sankhara ~ conditionality, contingency, vulnerability

Task: to be thoroughly understood

THE SECOND NOBLE TRUTH



*dukkha samudayam
ariyasaccam*

The Noble Truth of the origin of suffering

TANHA - craving, thirst, hunger

KAMA TANHA craving for sense experience

BHAVA TANHA craving for becoming

VIBHAVA TANHA craving for non-becoming

PONOBHAVIKA (lit: “again & again becoming”)

Task: Abandon / let go / let be

THE THIRD NOBLE TRUTH



*dukkhanirodham
ariyasaccam*

The cessation/fading/falling away of dukkha

viraga : fading away/dispassion

nirodha: cessation

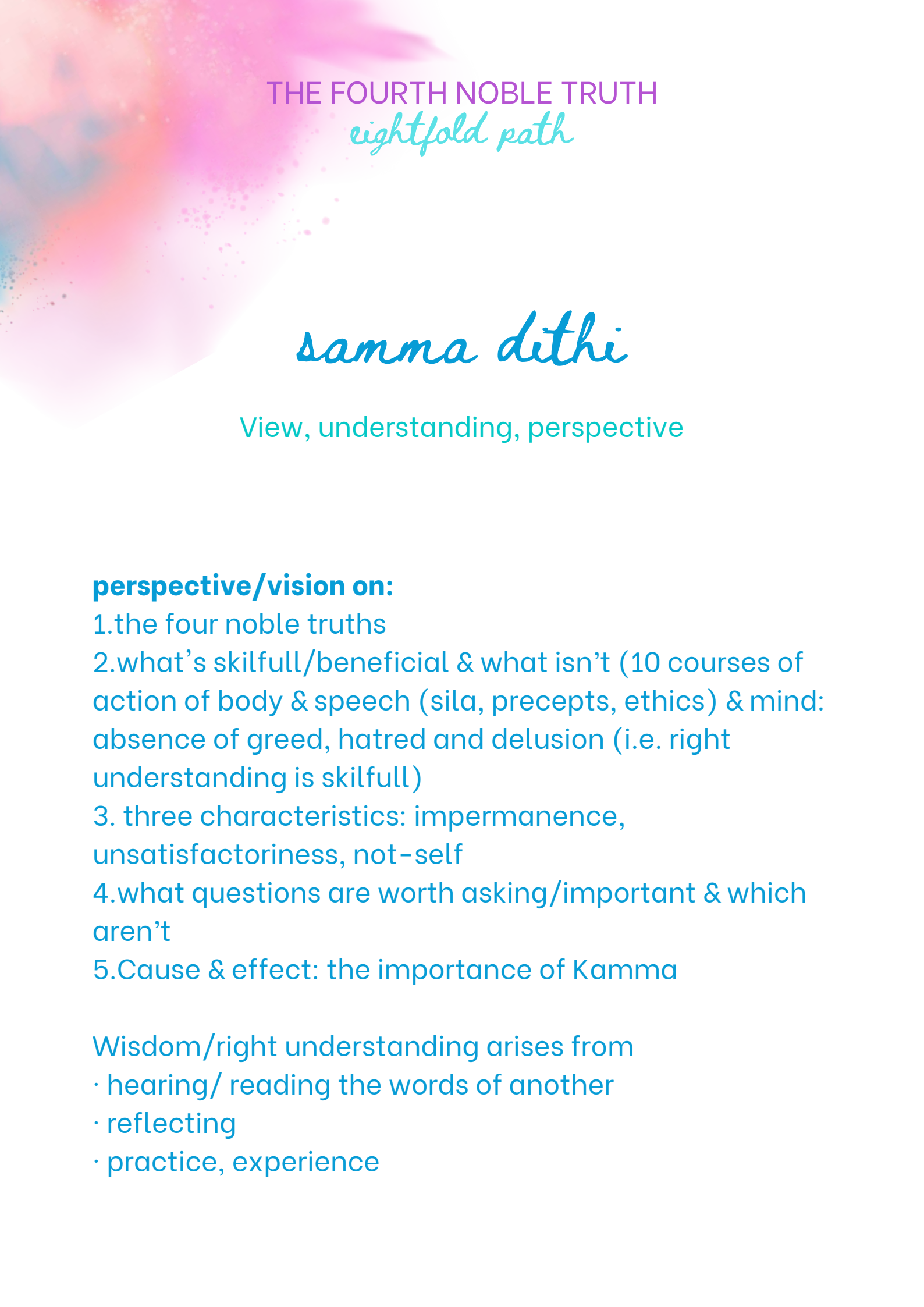
caga: relinquishment (letting go)

patinissages – giving up / back

mutti – release

analayo – detachment, independence of/from tanha

Task: realise, experience, see for yourself



THE FOURTH NOBLE TRUTH

eightfold path

samma dithi

View, understanding, perspective

perspective/vision on:

- 1.the four noble truths
- 2.what's skilfull/beneficial & what isn't (10 courses of action of body & speech (sila, precepts, ethics) & mind: absence of greed, hatred and delusion (i.e. right understanding is skilfull)
3. three characteristics: impermanence, unsatisfactoriness, not-self
- 4.what questions are worth asking/important & which aren't
- 5.Cause & effect: the importance of Kamma

Wisdom/right understanding arises from

- hearing/ reading the words of another
- reflecting
- practice, experience

THE FOURTH NOBLE TRUTH
eightfold path

samma sankappa

thought/ intention/ resolve

1. nekkhamma sankappa - intention of renunciation, free from greed
2. Avyapada sankappa - intention of friendliness / free from ill-will / good will
3. Avihimsa sankappa - intention free from cruelty non-harming / compassion

THE FOURTH NOBLE TRUTH
eightfold path

samma vaca

speech, writing

“RIGHT”

- TRUE
- BENEFICIAL
- TIMELY
- AFFECTIONATE / PLEASING
- SPOKEN WITH A MIND OF GOOD WILL

“WRONG”

- FALSE / MISLEADING
 - HARSH/ ABUSIVE
 - SPOKEN WITH ILL-WILL.
 - DIVISIVE
 - IDLE GOSSIP
-
- Being aware of intention and impact
 - Valuing noble silence & talk on dharma
 - Being willing to speak what another may find hard to hear IF above criteria are met

THE FOURTH NOBLE TRUTH
eightfold path

samma kammanta

action

HARMLESSNESS

- Not cling/harming living beings
- Not taking stealing whats not given
- Avoiding harmful sexual behavior

samma ajiva

livelihood

Avoiding livelihoods that involve the above

THE FOURTH NOBLE TRUTH
eightfold path

samma vayama

effort

THE 4 GREAT EFFORTS

AVOID (RESTRAIN)

the arising of unwholesome states

ABANDON (OVERCOME)

unwholesome states that have arisen

DEVELOP

wholesome states that have not yet arisen

MAINTAIN

wholesome things that have arisen & develop them to their full potential

A practitioner “rouses their will, makes an effort, stirs up their energy, exerts their mind & strives”

THE FOURTH NOBLE TRUTH
eightfold path

samma sati

mindfulness

The four foundations/establishments of mindfulness

Being mindful, as they are happening, of:

- **Body** (kaya)
- **Feeling tones** (vedana)
- **Mind & mind states** (citta)
- **“Dhammas”** – phenomena, experiences as viewed from the perspective of the dhamma...

THE FOURTH NOBLE TRUTH
eightfold path

samma samadhi

“concentration“, composure, gatheredness,
unification, undistractedness of mind

Traditionally defined as 4 jhanas/absorptions
which are characterised by: continuity of mindfulness,
enjoyment, ease, equanimity, clarity, stability
& absence of hindrances

*Analyo: practising any degree of samadhi accompanied
by other path factors is practising samma samadhi*

Samadhi offers a “pleasant abiding here & no “, but it’
purpose is seeing things clearly as they are / come to
be

“yathabhutananadassanam“ (Knowledge and vision
of things as they have come to be (in this moment)