

- 1. Dukkham Ariyasaccam Noble Truth of Suffering
- 2. Dukkhasamudayam Ariyasaccam Noble Truth of the Arising of Suffering
- 3. Dukkhanirodham Ariyasaccam Noble Truth of the Cessation of Suffering
- 4. Dukkhanirodhagamanī Paţipadā Ariyasaccam

Noble Truth of the practice Leading to the Cessation of Suffering

generated and fashioned by volition, as something to be felt, to be experienced (SN35.146).

When Feeling is taken personally (with **Craving**), resulting volitional action one does by body, speech, or mind is called new kamma, which can be good (wholesome), bad (unwholesome) or mixed.

If old kamma (result of old volitional actions) is not taken personally (with wisdom, seeing the impersonal nature) no new kamma (or empty/neutral kamma) is generated.

				The personalized links
 Sensual Craving Craving for Existence Craving for Non-existence 	mental proliferation ("the runaway mind") why I like or dislike (thoughts, concepts) The five aggregates are me, mine, myself	Accumulated beliefs and habitual behavioral patterns ("my personality")	Birth of re- action (mental, verbal or physical)	Temporary nature of all conditioned things;
	 Clinging for sensory experiences Clinging to views Clinging to rites & rituals Clinging to aself-view 	solidify a sense of self, past and current actions to be experienced (and repeated) by "me"	Birth of a new Being (cosmic, over lifetimes)	suffering of all things conditioned
<i>Taṇhā</i> Craving	<i>Upādāna</i> Clinging (thinking of)	<i>Bhāva</i> Being, Becoming, Existence	<i>Jāti</i> Birth	<i>Dukkha</i> Suffering
I take this feeling personally - "it is my pleasure or my pain" I like it or I don't like it mind - "I am that"	I support this cause, ("because I believe…")	I am rich. I am poor This is the way I am "personal library of my past re- actions"	I am buying that phone I love myself	I didn't get what I wanted I got what I wanted, but now the satisfaction is gone Illness, Getting Old, Death
I am eating chocolate and I like it!	I think about chocolate all the time, I remember when	I am someone who likes chocolate	I am going to go get some chocolate	I ate it all and enjoyed it, but now it's gone. I am so sad now. I want more.

