

## H. iii. The Second and Third Noble Truths

### I. The 2nd Noble Truth [\$270] ( page 299 )

- A. is that dukkha is caused by craving
  - i. for "becoming"
    - a) for things that aren't to be
  - ii. for "non-becoming"
    - a) for things that exist to stop existing
  - iii. for objects of the senses

### II. The 3rd Noble Truth is [\$210]

- A. is that dukkha ends when craving/desire:
  - i. fades
- B. is relinquished
  - i. is renounced
  - ii. when one begins to see the objects of desire as unworthy of being craved

### III. The formula of "Dependent Co-Origination"

- A. is an extension of the 2nd & 3rd Noble Truths
- B. describes the origination of craving and becoming
  - i. it is presented as a list of events
    - a) that cause and effect each other
      - showing how the 5 aggregates ( page 302) [\$212]
        - group, disband, & regroup to:
          - cause dukkha
          - give rise to the cosmos
          - explains how craving arises in detail
- C. explains how "becoming" arises
- D. is presented in a variety of lists ( page 302 )
  - i. as it is hard to illustrate
    - a) the lists are alternative versions of each other
- E. can have its factors interact in a variety of ways ( page 306)
  - i. making the anatomy of dukkha very complex
  - ii. with factors in the past & present causing/being effected by other factors in the past & present
    - a) giving the appearance of "steps being skipped"
    - b) giving the appearance of circumstances coming about with no apparent cause

### IV. The factors/"chain of events" in Dependent Co-Origination are:(p 302)

- A. aging and death require birth ( re-birth)
  - i. these terms apply both to bodily & mental states
- B. birth requires becoming
  - i. these terms refer to mental states as well as people
    - a) "becoming" refers to everything that leads up to birth or coming into existence
- C. becoming requires clinging
  - i. clinging to the 5 aggregates

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- D. clinging requires craving
  - i. craving for becoming, non-becoming, or for objects of the senses
- E. craving requires feeling/sensation
  - i. craving for a sensation or craving to avoid a sensation ( aversion )
- F. feeling/sensation requires contact
  - i. contact with objects of the world
- G. contact requires " name and form "
  - i. "name" refers to feeling, perception, attention, intention
  - ii. "form" refers to all physical things
  - iii. having contact with objects of the world necessitates that there are objects of the world.
    - a) "name and form" create these and "contact"
- H. "name and form" requires consciousness at the 6 sense faculties
- I. consciousness at the 6 sense faculties requires "name & form"
- V. The causal relationships between links in Dependent Co-Origination (p 307 )**
  - A. consist of 2 types of causal relationships:
    - i. one factor will always cause another factor
      - a) thus this link is indestructible and one cannot brake the chain of dependent co-origination here.
    - ii. one factor may cause another, but doesn't have to
      - a) thus this causal link can be broken and the chain of dependent co-origination can be broken here.
- VI. Dependent Co-Origination can be stopped in between the links of: (page 308)**
  - A. link between consciousness & "name-&-form"
    - i. dependent co-origination depends heavily on this link. This link is one of the better places to focus observation for the purposes of learning ( page 304 )
  - B. link between craving & sensation
  - C. link between craving & clinging
- VII. The breakable links in Dependent Co-Origination**
  - A. require ignorance to keep going.
    - i. This ignorance can be removed by appropriate attention
      - a) directed to any of these three junctures.
  - B. Are broken once one understands how "one thing leads to another" with these links.
    - i. one can stop those junctures from occurring and stop the process of dependent co-origination.
- VIII. Alternative versions of Dependent Co-Origination include: (p 304)**
  - A. as factors/ links:
    - i. the 6 sense fields between "contact" and "name & form"
    - ii. sensory consciousness
      - a) which requires bodily, verbal, & mental fabrications
        - which require ignorance
    - iii. The 3 Fabrications ( page 304 )

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- a) as defined in terms of the present moment are [223]:
  - bodily fabrications - ie the breath
  - verbal fabrications - ie directed thought & evaluation
  - mental fabrications - ie feelings and perceptions

### IX. Dependent Co-Origination is an extension of "this/that conditionality" ( page 300 )

#### X. "This/That Conditionality"

- A. expresses how circumstances of the present moment are the result of both past & present causes
  - i. when this is, that is
  - ii. from the arising of this, comes the arising of that
  - iii. when this isn't, that isn't
  - iv. from the stopping of this, comes the stopping of that
- B. is how Dependent Co-Origination runs
  - i. one factor causes another factor
    - a) from past to present in sequence
  - ii. one factor can cause another factor
    - a) appearing to be out of sequence
      - as the present moment can also influence present
      - circumstances by effecting kamma generated in the past