



Four Noble Truths

– presentation notes

These notes accompany the Four Noble Truths slides, available on windowsintobuddhism.com

1st Noble Truth

When students share what they think would definitely not cause suffering, ask other students to say whether they agree or not, and find how that example might somehow still lead to suffering for someone.

You may want to suggest the following suggestions in response to student examples: Even things that make you happy cause suffering when they end. And things that make you happy might cause someone else's sacrifice and suffering.

2nd Noble Truth

When students are thinking about “why/how do ignorance, greed, and hate lead to suffering?” pick up on student contributions which identify the way three poisons lead to other negative emotions and mental states which fuel harmful actions and cause suffering for ourselves and others.

- Consumerism is a relevant example of greed.
- Racism and all other forms of discrimination are examples of ignorance, not seeing people as they truly are: i.e., equal.
- War is an example of hate.

When asking students “What is the point of identifying the causes of suffering?” you can aid them with the following:

- Buddhists want to break free from suffering. Identifying the causes helps to know how to become free from suffering. If you take away the cause (the seed) then you won't have the result (the plant).



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