

The Four Noble Truths

syllabus

lecture # 1—

The Human Situation

read: BPS—Introduction, Journey into Now, and Ch. 1: The Human Situation (pp. 1–24)

WBT—pp. xv-xvi, pp. 1–15

lecture # 2—

A Wheel Out of Kilter

read: BPS—Ch. 2: A Wheel Out of Kilter (pp. 25–32)

WBT—pp. 16–20

lecture # 3—

The Three Forms of Dukkha

read: BPS—Ch. 2: A Wheel Out of Kilter (pp. 25–32)

WBT pp. 16–20

lecture # 4—

The Five Aggregates

read: handouts

WBT pp. 20–28

lecture # 5—

Coming and Going

read: BPS—Ch. 3: Coming, Ch. 4: Going (pp. 33–52)

WBT—pp. 29–44

lecture # 6—

The Art of Seeing

read: BPS—Ch. 5: The Art of Seeing (pp. 53–59)

WBT—pp. 45–50

Main Text: Buddhism Plain and Simple (BPS), by Steve Hagen

Supplemental Text: What the Buddha Taught (WBT), by Walpola Rahula