

I. THERE IS DUKKHA

- A. Dukkha = dissatisfaction, suffering
- B. Dukkha is like a wheel that is off its axle
 - 1. Physical and mental pain from three inescapable facts: old age, sickness, and death.
 - 2. The result of impermanence and change. Even happy is unsatisfying because it changes.
 - 3. Existential suffering. The angst of being human: causes, conditions, rebirth. Who am I??

II. THERE IS A CAUSE OF DUKKHA

- A. Craving is the root cause of dukkha.
- B. Attachment and Resistance
 - 1. Trying to get what we want and keep it. Pleasant
 - 2. Resisting what we don't want. Unpleasant.

III. THERE IS AN END TO DUKKHA

- 1. Pain, dissatisfaction, and suffering are not all there is!

IV. THERE IS A WAY OUT OF DUKKHA

- 1. The way out is the Eightfold Path.
- 2. The Eightfold Path guides us in ethics, mind-training, and wisdom.
- 3. Practical actions we can take to awaken and free ourselves from samsara.

