

Noble Truths - Characteristics of Life

By Des Boo-Ngoh

The First Noble Truth states
the truth of suffering,
and also points out
the characteristic of all phenomena
is inherent suffering.

The Second Noble Truth says
that suffering is due to attachment
and also points out that
luckily, the characteristic of life
is impermanence,
so the attachment we all have
is impermanent,
and we can change it readily
if we wish to.

The Third Noble Truth says
there is a way to end the suffering
and also points out that there is no self,
and once one realizes there is no self,
that in itself is the way to end suffering.

The Fourth Noble Truth says
the way to end suffering is to practice
- Sila, (precepts),
- Samadhi, (meditation),
- Panna, (wisdom).
It also points out that
if we practice all the above three,
we shall reach Nirvana here and now.

Therefore, the Four Noble Truths
also point to the four facts of life:

(1)

suffering,

(2)

impermanence,

(3)

no self,

(4)

Nirvana, the perfect state for beings
with no conditions.