

# Rebirth and *Nibbāna* - Axioms Built Into Buddha's Worldview

**Axiom** = Cornerstone of a theory;  
cannot be removed/altered.

A theory is valued  
on its merits.

One can accept or reject  
the theory, but not alter it.

**First Noble Truth:** Rebirth process is  
filled with Suffering

**Axiom:** Life  
does not end  
at death.

**Axiom:** At the end of life in a  
given realm, a new realm is  
"grasped" (*upādāna*).

Grasping a "new life" is not  
conscious. It happens automatically  
due to one's *gati* (defilements)

Most births are in suffering-filled lower  
realms. Life in all realms end in death.  
Thus rebirth causes net suffering.

**Second Noble Truth:** Cause of Suffering = rebirth  
= Craving sensory pleasures (*tanhā/upādāna*)

*Paṭicca Samuppāda*  
explains rebirth:

**Step 1:** *Kammic* energy to sustain  
rebirths created with *abhisankhāra*  
and *kamma viññāna*

**Step 2:** Birth in a new  
realm grasped with  
*tanhā/upādāna*

**Third Noble Truth:** Cessation of  
Suffering = Cessation of *tanhā*

Everyone would have  
accumulated *kammic* energies  
to support many rebirths

However, "grasping a new  
*bhava (jāti)*" can be stopped  
with cessation of *tanhā*

*Tanhā* = *kāma tanhā*, *bhava  
tanhā*, *vibhava tanhā*

The first step for removing  
them is to understand  
Buddha's worldview

**Fourth Noble Truth:**  
Way to the cessation of  
*Tanhā*: Step-by-step

(i) Remove *vibhava tanhā* (= not believing in rebirth) and get to the mundane path.

(ii) Get to the Noble Path by understanding *Paṭicca Samuppāda* process.

(iii) Follow the eight steps in Noble Path (removal of *tanhā*) to *Arahanthood*, i.e., *Nibbāna*.

***Nibbāna* - End of Rebirth = End of Suffering**

Many wrongly believe "suffering" in Buddha Dhamma means mental or physical suffering during life. Suffering is in rebirth process (especially when born in *apāyās*).