

Buddha Dhamma = Four Noble Truths

#1. Suffering Exists: All births in the rebirth process end with death

#2. Cause of Suffering = rebirth = Craving sensory pleasures (*tanhā*)

#3. Cessation of Suffering = Cessation of *tanhā*

#4. Cessation of *Tanhā*: Through Noble Eightfold Path

Noble Eightfold Path starts with correct ultimate worldview (*Lokuttara Sammā Diṭṭhi*)

Cessation of *tanhā* (craving) for sensory pleasures REQUIRES two steps:

FIRST STEP: Comprehension of Buddha's worldview (*Lokuttara Sammā Diṭṭhi*)

SECOND STEP: Engage in *Lokuttara* version of *Ānapānasati/Satipaṭṭhāna*

Sotapanna

Sakadāgāmi to Anāgāmi to Arahant

FIRST STEP involves following seven points:

There is **no "soul"** moving from realm-to-realm (a new birth is due to causes and conditions)

Existence in a realm sustained by *kammic* energy

Kammic energy created by attaching to sense inputs with *tanhā*

A *Sotapanna Anugāmi* understood that process (*Paṭicca Samuppāda*)

That grasping of a new realm stops when *tanhā* for that realm ceases in a mind

At the end of life in a realm another is grasped with *tanhā*

However, existence of *kammic* energy not enough to grasp another realm

Paṭicca Samuppāda (three key elements):

Kammic energy produced by *abhisankhāra* and *kamma viññāna* (due to *avijjā*)

Specific *kammic* energy for another realm grasped with *tanhā* when life in one realm ends

Avijjā (and *tanhā*) reduce in four stages, as various *gati* removed. No realm can be grasped by an *Arahant*.

First reduction of *avijjā* (and *tanhā*) happens (and *Sotapanna Anugāmi* stage attained) via understanding the *Paṭicca Samuppāda* process (Ten points listed above in light-green and blue boxes)