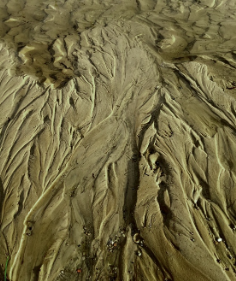


**December 2019**

**Newsletter**

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**IMPERMANENCE-The First Noble Truth**

How do we come to understand the Buddhist belief that everything in life and in the universe is in an endless process of impermanence, change, and decay? Like the circle of life in Native American cultures and *Lion King*, people and things change and/or go away. The Buddha tackled the important reality of impermanence in the First Noble Truth of **Dukkha: The Noble Truth of Suffering** that states life is full of suffering, sickness and unhappiness. Although there are passing pleasures, they vanish in time. Life or existence is characterized by **impermanence** (Anicca). In addition to the obstacles we encounter, it is our struggle against what cannot be changed that feeds all of this inevitable suffering. Some look at this state of affairs and say to themselves and often to others…It’s not fair!

Suffering and the End of Suffering: The Second and Third Noble Truths

The second noble truth, **Samudaya: The Noble Truth of the Cause of Suffering** states that people suffer because they desire things (tanha). Greed and selfish wishes create suffering. Desire is never satisfied. We delude ourselves that gratification, possessions, and attachments represent happiness and then realize it is always fleeting. More is revealed in the third noble truth, **Nirodha: The Noble Truth of the End of Suffering**. To end suffering one must be aware of his or her cravings and desires and put an end to them. This awareness will open the door to insight and peace. Life as a human is complex and awareness comes day by day through compassion for ourselves and others. Stay tuned for what the Buddha taught about how we might experience life without suffering more.