

# The Four Noble Truths

Instructor: Steve Hagen

## *syllabus*

*lecture # 1—*

### **The Human Situation**

read: *Buddhism Plain and Simple*, pp. 1–24

*What the Buddha Taught*, \* pp. xv–xvi, pp. 1–15

*lecture # 2—*

### **A Wheel Out of Kilter**

read: *Buddhism Plain and Simple*, pp. 25–32

*What the Buddha Taught*, \* pp. 16–20

*lecture # 3—*

### **The Three Forms of Dukkha**

read: *Buddhism Plain and Simple*, pp. 25–32

*What the Buddha Taught*, \* pp. 16–20

*lecture # 4—*

### **The Five Aggregates**

read: handouts

*What the Buddha Taught*, \* pp. 20–28

*lecture # 5—*

### **Coming and Going**

read: *Buddhism Plain and Simple*, pp. 33–52

*What the Buddha Taught*, \* pp. 29–44

*lecture # 6—*

### **The Art of Seeing**

read: *Buddhism Plain and Simple*, pp. 53–59

*What the Buddha Taught*, \* pp. 45–50

Main Text: *Buddhism Plain and Simple*, by Steve Hagen

\*Supplemental Text, (not required): *What the Buddha Taught*, by Walpola Rahula