



# How to Knowingly Practice The Four Noble Truths of the Enlightened

## THE FIRST TEACHING OF BUDDHA SHAKYAMUNI

Excerpt from *The Buddha Path* 3<sup>rd</sup> Edition. Composed by His Eminence Dzogchen Khenpo Choga Rinpoche

### ❁ The First Enlightened Truth ❁

Namo Buddhaya!  
**All my suffering is the result  
of my negative thinking and negative karma.**  
This is The First Noble Truth of the Enlightened,  
which contains all wisdom regarding suffering.

Emaho!

Now I understand suffering  
and why I and all beings suffer.  
Therefore, to end the suffering of all beings,  
I will accomplish the perfection of my positive  
thinking and positive karma.  
Dza·ya Dza·ya Su·dza·ya!

### ❁ The Second Enlightened Truth ❁

Namo Buddhaya!  
**My negative thinking and negative karma  
are the causes of all my suffering  
and the conditions of all beings' suffering.**  
This is The Second Noble Truth of the Enlightened,  
which contains all wisdom regarding the causes of suffering.

Emaho!

Now I know the causes and conditions  
of my suffering and all beings' suffering.  
Therefore,  
I will decrease my negative thinking and negative karma  
through learning, contemplation, and meditation.  
Dza·ya Dza·ya Su·dza·ya!

### ❁ The Third Enlightened Truth ❁

Namo Buddhaya!  
**All my happiness is the result  
of my positive thinking and positive karma.**  
This is The Third Noble Truth of the Enlightened,  
which contains all wisdom regarding happiness.

Emaho!

Now I understand happiness and  
why I and all beings are happy.  
Therefore, to ensure the true happiness of all beings,  
I will accomplish the cessation of my negative  
thinking and negative karma.  
Dza·ya Dza·ya Su·dza·ya!

### ❁ The Fourth Enlightened Truth ❁

Namo Buddhaya!  
**My positive thinking and positive karma  
are the causes of all my happiness  
and the conditions of all beings' happiness.**  
This is The Fourth Noble Truth of the Enlightened,  
which contains all wisdom regarding the causes of happiness.

Emaho!

Now I know the causes and conditions  
of my happiness and all beings' happiness.  
Therefore,  
I will increase my positive thinking and positive karma  
through learning, contemplation, and meditation.  
Dza·ya Dza·ya Su·dza·ya!

*Emaho!* means "Amazing!" *Dza·ya Dza·ya Su·dza·ya* means "Victory, victory, excellent victory!"

Believing in The Four Noble Truths of the Enlightened is believing in Buddha Shakyamuni. This is the fundamental principle of Buddhism. This pith instruction on "How to Knowingly Practice the Four Noble Truths of The Enlightened" is derived from Buddha Shakyamuni's first wheel of Dharma teachings as contained in the Sutra of the Four Enlightened Truths.

Compiled, translated and composed by His Eminence Dzogchen Khenpo Choga Rinpoche and assisted by the Dzogchen Sangha members from the United States of America and around the world. This work was begun on the 21<sup>st</sup> of December 2001 and culminated on the auspicious day of the 12<sup>th</sup> of December 2010. This is an excerpt from **The Buddha Path** 3<sup>rd</sup> Edition.