

Appendix 8 - The 3 Turnings and 12 Modes of the 4 Noble Truths as proclaimed by the Buddha.					The 3 Phases of Dhamma Cultivation
	First Noble Truth	Second Noble Truth	Third Noble Truth	Fourth Noble Truth	
<p>1st Turning Wisdom:- SUTTAMAYA PANNA - Wisdom borne of hearing the sutta or Dhamma as proclaimed by the Buddha</p>	<p>Hearing/Listening/Reading of the 1st Noble Truth as proclaimed by the Buddha: - "This, bhikkhus, is the 1st Noble Truth of Dukkha: Birth is dukkha, ageing is dukkha, sickness is dukkha, death is dukkha, to be with the disliked is dukkha, separation from the liked and your prized possessions is dukkha, not able to get what one desires is dukkha — in brief these 5 aggregates of rupa, vedana, sanna, sankhara and vinana, which are the objects of <i>clinging and grasping are dukkha.</i>"</p>	<p>Hearing/Listening/Reading of the 2nd Noble Truth as proclaimed by the Buddha: - "This, bhikkhus, is the 2nd Noble Truth of the Cause of Dukkha: It is this craving which causes rebirth bound up with pleasure and lust, ever seeking fresh delight, now here, now there; namely craving for sensual pleasure, craving to be or for existence and craving not to be or for non-existence."</p>	<p>Hearing/Listening/Reading of the 3rd Noble Truth as proclaimed by the Buddha: "This, bhikkhus, is the 3rd Noble Truth of the Cessation of Dukkha: It is the complete cessation, giving up, abandonment of that craving, complete release from that craving, and complete detachment from it leading to the realization of Nibbana which is the enlightenment in the here and the now."</p>	<p>Hearing/Listening/Reading of the 4th Noble Truth as proclaimed by the Buddha: "This, bhikkhus, is the Noble Truth of the path leading to the Cessation of Dukkha, namely the Noble Eightfold Path of: <i>Right View, Right Thought, Right Speech, Right Action, Right Living, Right Effort, Right Mindfulness and Right Samadhi.</i>"</p>	<p>Phase 1 – PARIYATI</p> <ul style="list-style-type: none"> • Involves the learning of the doctrine/ teachings via the 1st turning and 2nd turning wisdom. <p>1st turning wisdom - Suttamaya panna can be developed via :-</p> <ul style="list-style-type: none"> • Hearing the dhamma as shared by someone who understands the teachings; • Listening to appropriate dhamma recordings (MP3, CDs, videos, etc); • Reading dhamma books, notes and online materials as shared by someone who understands the teaching. <p>2nd turning wisdom - Cintamaya panna can be developed via :-</p>
<p>2nd Turning Wisdom:- CINTAMAYA PANNA - Wisdom borne of reflection, inquiry and contemplation into the dhamma as proclaimed by the Buddha</p>	<p>Contemplate, reflect & inquire into the 1st Noble Truth as proclaimed by the Buddha. Why did the Buddha say: "This Noble Truth of Dukkha is to be understood?"</p>	<p>Contemplate, reflect & inquire into the 2nd Noble Truth as proclaimed by the Buddha. Why did the Buddha say: "The cause of the arising of Dukkha which is craving is to be abandoned"?</p>	<p>Contemplate, reflect & inquire into the 3rd Noble Truth as proclaimed by the Buddha. Why did the Buddha say: "The Cessation of Dukkha is to be realised"?</p>	<p>Contemplate, reflect & inquire into the 4th Noble Truth as proclaimed by the Buddha. Why did the Buddha say: "This Noble Eight Fold Path that leads to the cessation of Dukkha is to be cultivated"?</p>	<ul style="list-style-type: none"> • Contemplation, reflection and inquiry into the dhamma as taught by the Buddha to develop further understanding via stabilizing what one had heard and read then assimilating them into one's heart to set the base for developing further understanding later on via either the 1st, 2nd or 3rd turnings.)
<p>3rd Turning Wisdom:- BHAVANAMAYA PANNA - Wisdom borne of the meditative training - via the direct 'seeing' or awakening</p>	<p>Direct seeing leading to Realisation. "This Noble Truth of Dukkha has already been understood."</p>	<p>Direct seeing leading to Realisation. "The cause of the arising of Dukkha which is craving has already been abandoned."</p>	<p>Direct seeing leading to Realisation. "The Cessation of Dukkha has already been realised."</p>	<p>Direct seeing leading to Realisation. "This Noble Eight Fold Path that leads to the cessation of Dukkha has already been cultivated."</p>	<p>Phase 2 - PATIPATI</p> <ul style="list-style-type: none"> • Involves the cultivation of the Doctrine in daily life via putting the teachings into practice to develop the 3rd turning wisdom – Bhavanamaya panna. (Bhavana is the meditative training needed to develop wisdom via the formal daily mindfulness and 4 foundations of mindfulness meditation. Having a good daily religious routine to develop the 5 spiritual faculties will help.) • Need to cultivate until one is awoken to move on to the third phase of dhamma.
<p>Phase 3 - PATIVEDHA</p> <p>This phase is Reaping the Fruits of one's Cultivation</p> <ul style="list-style-type: none"> • LEADING A NOBLE LIFE • LIVE THE LIFE OF THE AWAKEN ONES <p>Note: - This the most beautiful phase of one's life where one can truly live life to the fullest to experience all of the noble life as described below :-</p> <ul style="list-style-type: none"> • life becomes much more meaningful and good because no more suffering; • able to understand life clearly hence a lot of joy/ happiness/ peace/ love & compassion; • via heedful living one is able to experience all of the wonders and beauties of Life while in this world; • able to always acts righteously with wisdom, Love and compassion; • always heedful to live the noble life of peace, joy and happiness hence no more heedlessness; • able to Live life in accordance with one's noble understanding hence no need to worry about life anymore; • always very mindful of one's action , speech and thought via living the noble life of heedfulness; • understands precisely that this form and mind is not oneself but only a karmically conditioned 'vehicle' and 'tool' for one to use to live out this segmented life while in this world. 					