

# Contents

	<i>Page</i>
<i>List of Illustrations</i> -	vii
<i>Foreword</i> -	ix
<i>Preface</i> - xi	
<i>The Buddha-</i>	xv
CHAPTER I	
<b>The Buddhist Attitude of Mind</b>	
<i>Man is supreme—One is one's refuge—Responsibility—Doubt—Freedom of Thought—Tolerance—Is Buddhism Religion or Philosophy?—Truth has no label—No blind faith or belief, but seeing and understanding—No attachment even to Truth—Parable of the raft—Imaginary speculations useless—Practical attitude—Parable of the wounded man</i> - 1	
<b>THE FOUR NOBLE TRUTHS</b>	
CHAPTER II	
<b>The First Noble Truth: <i>Dukkha</i></b>	
<i>Buddhism neither pessimistic nor optimistic, but realistic—Meaning of 'Dukkha'—Three aspects of experience—Three aspects of 'Dukkha'—What is a 'being'?—Five Aggregates—No spirit opposed to matter—Flux—Thinker and Thought—Has life a beginning?</i> .. .. .	16
CHAPTER III	
<b>The Second Noble Truth: <i>Samudaya</i>: 'The Arising of <i>Dukkha</i>'</b>	
<i>—Definition—Four Nutriments—Root cause of suffering and continuity—Nature of arising and cessation—Karma and Rebirth—What is death?—What is rebirth?</i> . . . . .	<b>29</b>
CHAPTER IV	
<b>The Third Noble Truth: <i>Nirodha</i>: 'The Cessation of <i>Dukkha</i>'</b>	
<i>—What is Nirvana?—Language and Absolute Truth—Definitions of Nirvana—Nirvana not negative—Nirvana as Absolute Truth—What is Absolute Truth?—Truth is not negative—Nirvana and Samsara—Nirvana not a result—What is there after Nirvana?—Incorrect expressions—What happens to an Arahant after death?—If no Self, who realises Nirvana?—Nirvana in this life</i> .. .. .	35
CHAPTER V	
<b>The Fourth Noble Truth: <i>Magga</i>: 'The Path'</b>	
<i>Middle Path or Noble Eightfold Path—Compassion and Wisdom—Ethical Conduct—Mental Discipline—Wisdom—Two sorts of Understanding—Four Functions regarding the Four Noble Truths</i>	<b>45</b>

CHAPTER VI

The Doctrine of No-Soul: *Anatta*

*What is Soul or Self?—God and Soul: Self-protection and Self-preservation—Teaching 'Against the Current'—Analytical and Synthetical methods—Conditioned Genesis—Question of Free-will—Two kinds of Truths—Some erroneous views—The Buddha definitely denies 'Atman'—The Buddha's silence—The idea of Self a vague impression—Correct attitude—If no Self, who gets the result of Karma?—Doctrine of Anatta not negative .. .. .* 51

CHAPTER VII

'Meditation' or Mental Culture: *Bhavana*

*Erroneous views—Meditation is no escape from life—Two forms of Meditation—The Setting-up of Mindfulness—'Meditation' on breathing—Mindfulness of activities—Living in the present moment—'Meditation' on Sensations—on Mind—on Ethical, Spiritual and Intellectual subjects .. .. .* 67

CHAPTER VIII

What the Buddha Taught and the World Today

*Erroneous views—Buddhism for all—In daily life—Family and social life—Lay life held in high esteem—How to become a Buddhist—Social and economic problems—Poverty: cause of crime—Material and spiritual progress—Four kinds of happiness for laymen—On politics, war and peace—Non-violence—The ten duties of a ruler—The Buddha's Message—Is it practical?—Asoka's Example—The Aim of Buddhism* 76

SELECTED TEXTS .. 91

Setting in Motion the Wheel of Truth ( <i>Dhammacakkappavattana sutta</i> )	92
The Fire Sermon ( <i>Adittapariyaya-sutta</i> )	95
Universal Love ( <i>Metta-sutta</i> )	97
Blessings ( <i>Mahgala-sutta</i> )	98
Getting rid of All Cares and Troubles ( <i>Sabbasava-sutta</i> ) ..	99
The Parable of the Piece of Cloth ( <i>Vatthupama-sutta</i> ) ..	106
The Foundations of Mindfulness ( <i>Satipaffhana-sutta</i> ) ..	109
Advice to Sigala ( <i>Sigalovada-sutta</i> )	119
The Words of Truth ( <i>Dhammapada</i> )	125
The Last Words of the Buddha (from the <i>Mahaparinibbana sutta</i> )	136
Abbreviations	139
Selected Bibliography	140
Glossary ..	142
Index .	148