

Dharma Talk by Kazuaki Tanahashi

The four noble truths/opinions

1. Suffering (Dukka) is pervasive.
2. The cause of suffering (Dukka) is craving/self-centered desire.
3. Nirvana (experience of non-duality) is the realm free from suffering. (Dukka)
4. The means for attaining nirvana is the practice of the eightfold path.

The eightfold path

1. Wholesome view
2. Wholesome thoughts
3. Wholesome speech
4. Wholesome action
5. Wholesome livelihood
6. Wholesome effort
7. Wholesome mindfulness
8. Wholesome state of meditation

The four commonplace truths/opinions

1. No situation is impossible to change.
2. A communal vision, outstanding strategy, and sustained effort can bring forth positive changes.
3. Everyone can help make a difference.
4. No one is free of responsibility.

Ten laws of breakthrough

1. Breakthrough may or may not occur. The result is unpredictable and how it happens is mysterious.
2. Some breakthroughs are life-affirming, and others destructive.
3. The chance for breakthrough increases when the objective and the process are clearly stated.
4. The chance for breakthrough increases when the blocks are clearly identified.
5. The smaller the objective is, the larger is the chance for breakthrough.
6. An effective, intense, and continuous effort builds a foundation for breakthrough.
7. The more forces combine, the larger is the chance for breakthrough.
8. The greater the objective is, the easier it is to bring together force for breakthrough.
9. The chance for breakthrough increases when more attention is directed to the process than to the goal.
10. Non-attachment is a crucial element for breakthrough.