

Reading Response 5

From the first reading of the Dharma Samyutta Nikaya, one of the fundamental teachings stood out most, this being the four noble truths. Quickly going over them there is the truth of suffering, how birth, aging, illness, and death are all suffering and unavoidable. The truth of the origin of suffering, the idea that suffering comes from craving, attachment, and the desire for either life or death. The truth of the cessation of suffering, the idea that liberation comes from abandoning cravings completely. Finally the truth of the path to cessation of suffering, being the idea that following the noble eightfold path is the way that will lead to enlightenment. Each of these truths carry weight in my eyes because they directly tell about what causes suffering, and what it means to move past suffering itself. The truths themselves are very concise and logically make sense, so to see meaning in following them is very easy.

Moving on to the second reading, these teachings speak on what truly matters in life, instead of getting lost in abstract speculation. I sometimes catch myself overthinking things that may never have a true answer, regardless of it's about something that happened long ago, or something that'll happen in the near or distant future. The Buddha's teaching encourages a shift in perspective. Instead of searching for the truth, I may focus my energy toward things that'll improve my reality. The story with the poisoned arrow was particularly impactful, as it highlights how delaying meaningful action for the sake of overthinking or curiosity can be self-defeating.