

MEDITATION ON THE FOUR NOBLE TRUTHS BY WAY OF THE SIXTEEN ASPECTS

THE FOUR ASPECTS OF THE TRUTH OF SUFFERING

ASPECT TO BE MEDITATED	MEDITATION CENTERS ON THE THOUGHT THAT THE CONTAMINATED PHYSICAL & MENTAL AGGREGATES ARE:	MEDITATION COUNTERACTS THE MISPERCEPTION OF:
1. IMPERMANENCE	Impermanent because they are produced occasionally (i.e. they do not exist forever).	the Five Contaminated Aggregates as Permanent.
2. SUFFERING	In the Nature of Suffering because they are under the outside influence of contaminated actions (karma) and afflictions.	the Five Contaminated Aggregates as Pure and Pleasurable.
3. EMPTINESS	Empty because they are devoid of a supervisory self that is a different entity from them.	a Permanent, Partless and Independent Self.
4. SELFLESSNESS	Selfless because they do not exist as an independent self.	a Self-Sufficient Substantially Existent Self.

THE FOUR ASPECTS OF THE TRUTH OF ORIGIN

ASPECT TO BE MEDITATED	MEDITATION CENTERS ON THE THOUGHT CONTAMINATED ACTIONS AND ATTACHMENT ARE:	MEDITATION COUNTERACTS THE MISPERCEPTION THAT:
1. CAUSE	Causes because they are the roots of suffering.	Suffering is causeless.
2. ORIGIN	Origins because they again and again produce suffering.	Suffering is caused by only one cause.
3. STRONG PRODUCTION	Strong Producers because they produce suffering with great force.	the nature of things is permanent but their states are changeable.
4. CONDITION	Conditions because they act as the cooperative conditions of suffering.	Suffering is created under the supervision of a deity.

THE FOUR ASPECTS OF THE TRUTH OF CESSATION

ASPECT TO BE MEDITATED	MEDITATION CENTERS ON THE THOUGHT THAT A SEPARATION WHICH IS A TOTAL EXTINGUISHMENT OF [CONTAMINATED] ACTION AND AFFLICTION IS:	MEDITATION COUNTERACTS THE MISPERCEPTION THAT:
1. CESSATION	a Cessation because of being a state of having abandoned suffering.	there is no liberation from cyclic existence.
2. PACIFICATION	a Pacification because of being a state of having pacified an affliction.	certain contaminated states are liberation (e.g. the Jaina's assertion that there is a place of liberation on top of the world that is like an upside-down umbrella).
3. AUSPICIOUS HIGHNESS	Auspiciously high because it is a separation which is in the nature of benefit and bliss.	there is a liberation that is superior to the cessation of suffering.
4. DEFINITE EMERGENCE	definite emergence because it is a separation from suffering such that it will never return.	liberation, once attained, is reversible.

THE FOUR ASPECTS OF THE TRUTH OF PATH

ASPECT TO BE MEDITATED	MEDITATION CENTERS ON THE THOUGHT THAT A BODHISATTVA PATH OF SEEING REALIZING SELFLESSNESS DIRECTLY IS:	MEDITATION COUNTERACTS THE MISPERCEPTION THAT:
1. PATH	a path because it causes one to proceed to liberation.	there are no paths of liberation from cyclic existence.
2. SUITABILITY	suitable because it is a path which serves as an antidote to affliction.	the mind realizing selflessness directly is not a path of liberation.
3. ACHIEVER	an achiever because it directly realizes the nature of the path unmistakably.	paths such as worldly concentrations, undergoing asceticism of the five fires, etc., are paths of liberation.
4. DELIVERANCE	a deliverer because it is a path which eliminates suffering and delusion irreversibly.	there is no total eradicator of suffering.