

In Buddhism suffering – dukkha – is much more than just physical or emotional pain. It also means \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ or \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. Buddhists try to \_\_\_\_\_\_\_\_\_\_\_\_ dukkha for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ through \_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. The main reason why Buddha left his life of \_\_\_\_\_\_\_\_\_\_\_\_\_\_ was to search for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

*The three marks of existence are…*

**The Three Marks of Existence**

Buddha talked about seven states of suffering:

Three Types of Dukkha

*Ordinary Suffering:*

Describes \_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_ pain.

*Suffering due to change:*

Linked to the idea that nothing is \_\_\_\_\_\_\_\_\_\_\_\_\_

*Suffering due to attachment:*

When people \_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_ on to things they are \_\_\_\_\_\_\_\_\_\_\_\_\_\_ to they \_\_\_\_\_\_\_\_\_\_\_\_\_\_.

The Seven States of Suffering

Three Types of Dukkha - Examples

*Ordinary Suffering:*

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*Suffering due to change:*

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*Suffering due to attachment:*

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_



*The Story of Kisa Gotami;*

Kisa Gotami had a child but when it was still very young the boy \_\_\_\_\_\_\_\_\_\_\_\_. She went from house to house looking for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ because she could not accept that her child had \_\_\_\_\_\_\_\_\_\_\_. She went to Buddha for help. He told her to, ‘Go to a house where no one in the family had died and ask for \_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_.

She went to many \_\_\_\_\_\_\_\_\_\_\_\_ sharing her sorrow, but every

household had suffered a \_\_\_\_\_\_\_\_\_\_\_\_. This made her realise

that \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_ are a part of life. This

helped to accept her child’s \_\_\_\_\_\_\_\_\_\_\_.

*Links between anicca and dukkha;*

\_\_\_\_\_\_\_\_\_\_\_\_ taught that when people expect things to remain \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, they become \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to them. Therefore when they do \_\_\_\_\_\_\_\_\_ (anicca) people experience suffering (\_\_\_\_\_\_\_\_\_\_\_\_).

Anicca means \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. Anicca affects the world in three ways:

1. It affects all \_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_. For example: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 2. It affects \_\_\_\_\_-\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. For example:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_3. It affects our \_\_\_\_\_\_\_\_\_\_. For example: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Anicca**

**The Three Marks of Existence – Anicca & Anatta**



**Anatta**



*Nagasena and the chariot;*

A story used to illustrate this idea is found in a text called, ‘The questions of \_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_. Nagasena was a monk who explained Buddhism to the king. He described anatta using a chariot; Nagasena said a chariot is not the \_\_\_\_\_\_\_\_\_\_\_\_ or \_\_\_\_\_\_\_\_\_ or \_\_\_\_\_\_\_, so the term ‘chariot’ is merely a \_\_\_\_\_\_\_\_ used to refer to a collection of \_\_\_\_\_\_\_\_\_\_. People are made up of various \_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_ but only when these are put together to we recognise the ‘\_\_\_\_\_\_\_\_\_\_\_\_\_’. There is not a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ‘self’ that is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ from the parts.

Anatta is often translated as \_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_ or no \_\_\_\_\_\_\_\_\_\_. This

M means that the ‘self’ is not \_\_\_\_\_\_\_\_\_\_\_\_\_ or \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.





