

Chapter 18

The Three Treasures

The Buddha then expounded the teachings of “the Fourfold Noble Truths and the Eightfold Path.” That is to say, one must clearly understand the Fourfold Noble Truths in order to attain true Enlightenment.

First, one must know clearly that, “Life is full of all kinds of sufferings.”

Second, one should know that, “The cause of suffering is to cling.” One should not cling to money, fame, or even to a special person. Money changes hands. Don’t pester your parents about money too much. Don’t waste money. Resist the desire to have all sorts of things.

Third, “Destroy the desire to cling to things.” Then, your sufferings will end, and you will attain Enlightenment.

Fourth and finally, the Buddha revealed “The eight paths in order to enter a state of no suffering and not to cling.”

The Eightfold Path is:

1. Right View: to see things in the right way.
 2. Right Thought: to think matters in the right way.
 3. Right Speech: to talk using the right words.
 4. Right Behavior: to act in the right way.
 5. Right Livelihood: to make the best use of things and living beings.
 6. Right Effort: to practice Buddha’s teachings in the right way.
 7. Right Mindfulness: to pray in the right way.
- Right Concentration: to repent in the right way.



The Buddha said that if you can keep and practice the Eightfold Path, you can destroy sufferings and then attain Enlightenment.

Listening to the Buddha, the five monks rejoiced with tears and thanked Him. “Oh, Buddha, we would like to express our appreciation from the bottom of our hearts. Until now, we thought our way of practice was the best, but we understand that we were clinging to the self-denial practice and could not understand the right way to be free from suffering and distress. Please make us your first disciples. We would like to serve you and hear from you more. We sincerely beg of you, please feel pity for us and let us be your disciples!” Of course the Buddha delightedly accepted their requests. They remained always near the Buddha and listened to Him until his death at the age of 80.

The first sermon at Deer Park is called “The First Turning Wheel of the Dharma,” which means that as a wheel turns and goes from place to place, Buddha’s teachings spread from place to place. When the Buddha explained the teachings to the people, the Three Treasures were established. They are the Buddha, the Dharma and the Sangha.

The most important among the three is the Buddha, who is Buddha Sakyamuni. The second is the Buddha’s teachings such as the Fourfold Noble Truths and the Eightfold Path. This is called Dharma, or Law. The third is the Sangha, who were the five monks but now includes all Buddha’s disciples, priests and followers.

The Three Treasures are the core of Buddhism.