

**“One person can make such a difference.
And when we put all our effort together,
even more can be done.”**

Dzongsar Jamyang Khyentse
Khyentse Foundation

The kutshab (physical representation) of Guru Rinpoche on the cover was discovered by Jamyang Khyentse Wangpo and is his central terma (treasure teaching). It is the most important terma of the Khyentse Lineage and is kept in the Khyentse labrang in Bir, India. It is taken out every time Rinpoche gives an important empowerment. It is said that once someone is blessed by this statue he or she is guaranteed enlightenment within 7 lifetimes. (Photograph by Pawo Choyning Dorji)

For the full story about the kutshab, please visit the KF web site.
www.khyentsefoundation.org/khutshab



KHYENTSE FOUNDATION

Buddha's Wisdom for Everyone.



The Buddha's First Teaching: The Four Noble Truths

The Buddha reached a state of unsurpassable true awakening beneath the Bodhi Tree, and soon after gave his first teaching, on the Four Noble Truths. 2,500 years later, his brilliantly simple realization is the basis of all traditions of Buddhism. Khyentse Foundation supports people and organizations who aspire to end the suffering of all beings through the study, practice, and dissemination of the Buddhadharma.



The first noble truth is the truth of dukkha, sometimes translated as “suffering” or “dissatisfaction.” Since the Buddha’s time, there seems to be no waning of hatred and war, tension and sadness. With this truth we recognize that although we are driven by a desire for happiness and pleasure, and a desire to avoid pain and suffering, there is no end to desire in samsara.



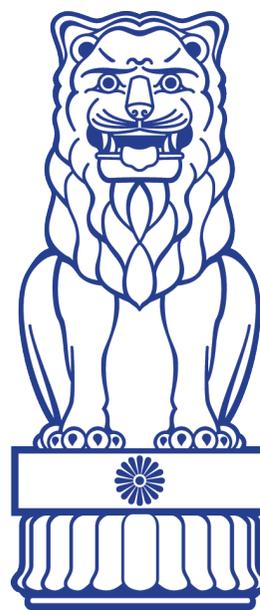
The second noble truth identifies the causes of suffering—craving and ignorance. The most fundamental ignorance is the belief that there is a truly existing self to defend, that there is a divide between self and other. This leads to arrogance and aggression, to wars and hoarding of food and wealth, and to more dissatisfaction.



The Buddha then taught the third noble truth, the cessation of dukkha. He saw that confusion and suffering is not our natural state; we do not need to be trapped in our delusion. He revealed a path of freedom from the conceptual constructs that rule our deluded consciousness: the Dharma.



The fourth noble truth is the Buddha’s prescription for the cessation of suffering—practical measures that we can apply to cut suffering at the root through understanding and awareness. He presented a path for all beings to awaken and become free from craving and clinging.



“We’re trying to present 2,500-year-old values to the 21st century.”

—Dzongsar Khyentse Rinpoche

Khyentse Foundation aspires to help alleviate the suffering of people around the world by supporting the efforts of individuals and organizations to fully realize the ancient truths of wisdom and compassion, creating conditions for Buddha’s wisdom to awaken in everyone.

There are now an estimated 500 million people studying, practicing, and seeking teachings on the Dharma. Therefore the current and next generations of Buddhist teachers, tulkus, lamas, scholars, and practitioners—lay and monastic, eastern and western, male and female—have a historic opportunity to make a positive impact on society. KF is investing in helping that next generation meet the challenges of the 21st century.

The foundation’s nonsectarian system of patronage embraces all schools of Buddhism, seeking to revive traditional forms in countries such as India and Cambodia, as well as encouraging the spread of the Buddhadharma in the West.