

The Seal of the Three Laws and the Four Noble Truths

1. **All things are impermanent.**
2. **Nothing has an ego.** [We are interconnected with everyone and everything.]
3. **Nirvana is quiescence.** [We obtain peace when we realize the above 2.]

Exercise:

Think of a conflict that you are in with someone or have been in the past. Pick someone that you do not particularly like.

1. What bugs you about that person? _____

If that person did not exist, what positive thing would be missing in your life? How has that person helped you to grow? _____

2. How do you feel about yourself regarding this relationship today? _____

If nothing changed in the situation between you and that person for the next 10 years, how do you think you would feel about that person in 2015? _____

3. If you extended an olive branch today, how would you feel about yourself? _____

Seal of the Four Laws

“ALL EXISTENCE IS SUFFERING” IF WE DO NOT REALIZE
 “ALL THINGS ARE IMPERMANENT” AND “NOTHING HAS AN EGO.”

Four Noble Truths

4. Analyze your conflict through the pathway below:

I	Truth of Suffering Spiritual Mental Physical Emotional (relationships)	II	Truth of Cause Investigation of the cause of suffering based on the principles of the Reality of All Existence and the Law of the Twelve Causes
IV	Truth of Extinction The tranquil state Spiritual Physical Without Economic or other suffering	III	Truth of the Path Method of practice for extinguishing suffering; The Eight Fold Path and the Six Perfections of the bodhisattva way.

Six Perfections		The Eightfold Path
Donation (generosity)	1	Right View
Keeping the Precepts (being ethical)	2	Right Thinking
Perseverance (patience)	3	Right Speech
Assiduity (effort)	4	Right Action
Meditation (purification)	5	Right Living
Wisdom (understanding)	6	Right Endeavor
	7	Right Memory
	8	Right Mediation