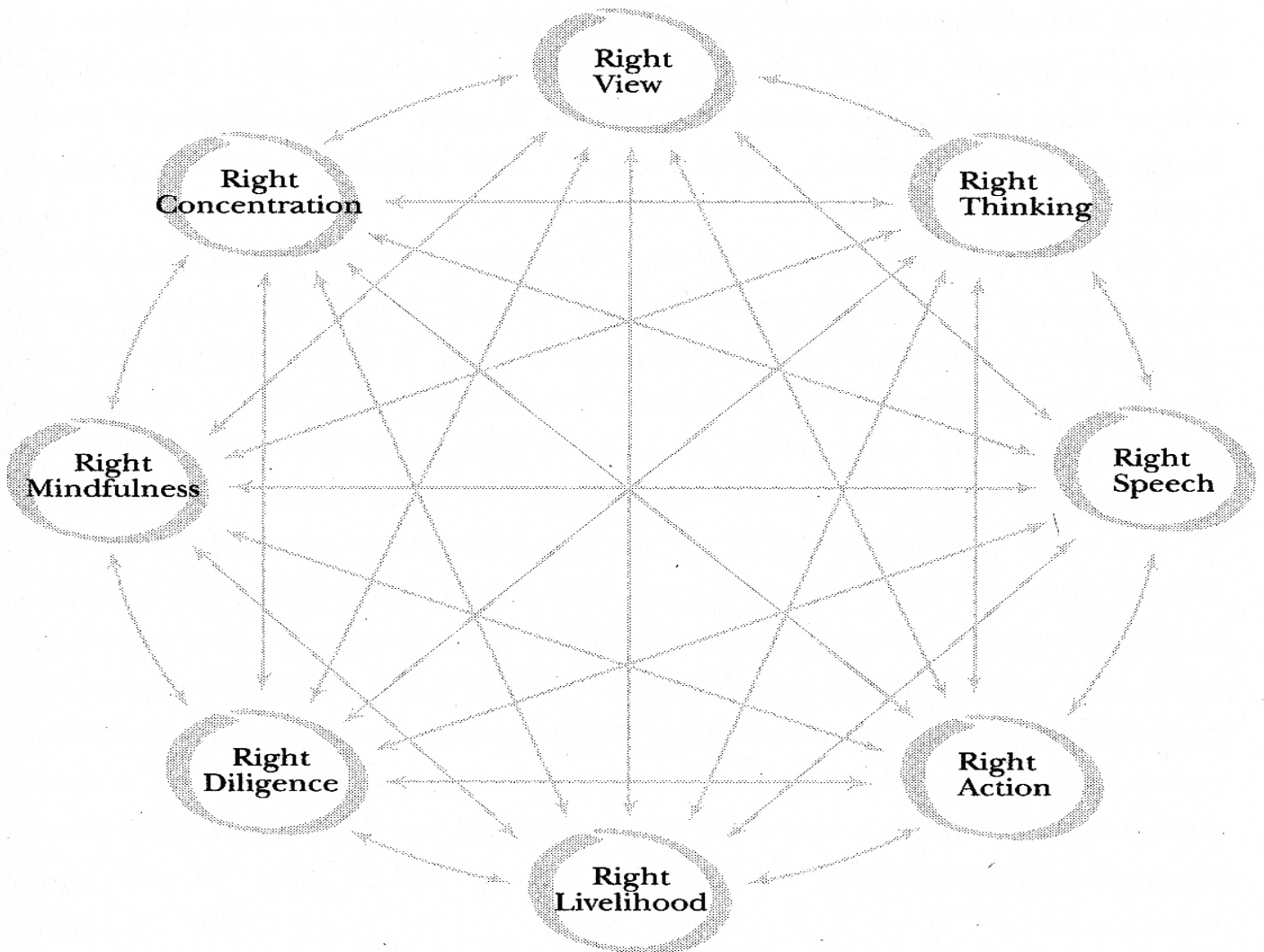


**Supplemental information for the teachings of James Finley  
Jesus and Buddha: Paths to Awakening  
January 25-27, 2008**

*The Twelve Turnings of the Wheel*

FOUR NOBLE TRUTHS	TWELVE TURNINGS
Suffering	<p>Recognition: This is suffering.</p> <p>Encouragement: Suffering should be understood.</p> <p>Realization: Suffering is understood.</p>
Arising of suffering	<p>Recognition: There is an ignoble way that has led to suffering.</p> <p>Encouragement: That ignoble way should be understood.</p> <p>Realization: That ignoble way is understood.</p>
Cessation of suffering (well-being)	<p>Recognition: Well-being is possible.</p> <p>Encouragement: Well-being should be obtained.</p> <p>Realization: Well-being is obtained.</p>
How well-being arises	<p>Recognition: There is a noble path that leads to well-being.</p> <p>Encouragement: This noble path has to be lived.</p> <p>Realization: This noble path is being lived.</p>

## *The Interbeing of the Eight Elements of the Path*



From **The Heart of the Buddha's Teachings: Transforming Suffering Into Peace, Joy, Liberation** by Thich Nhat Hanh, Broadway Books, 1999

The Zen master Yüan-chih (Ta-an) of Chang-ching Hall in Fu country once addressed the monks in the Dharma hall: “For thirty years I lived on Mt. Wei and during that time I ate the monastery’s rice and gave it back in the latrine. I did not learn the Zen of Master Wei-shan. All I did was raise a water buffalo. When he wandered from the path into the grass, I pulled him back; when he ran amuck in someone’s garden, I chastised him with a whip. Now he has been tame for some time. Unfortunately, he used to pay too much attention to what people said, but now, however, he has become a pure white domesticated bull. He is always right in front of me wherever I am, dazzling white all day long, and even if I try to drive him away, he will not go.” We should pay careful attention to this story. The thirty years of arduous practice with the patriarch [Wei-shan] consisted of eating rice, and there was no other consideration. When you realize the meaning of the life of eating rice, you will also understand the deep meaning of raising the buffalo bull.

from Shōbōgenzō Kajō