

The Sequence of Contact to Grasping in the Buddha's Teaching on Dependent Origination

- 1. Contact (phassa) with senses (including thinking), leads to:**
- 2. Feeling-tone (vedana): Pleasant, unpleasant, neutral; leads to:**
 - 3. Craving/wanting (tanha) or not craving/wanting, leads to:**
- 4. Grasping (upadana) or pushing away.**

Four Meanings of *Dukkha*

- 1. *Dukkha-dukkha*:** The unpleasant, particularly the difficult experiences in life: Birth, sickness, old age, death.
- 2. *Viparinama-dukkha*:** The discomfort of change.
- 3. *Sankhara-dukkha*:** No conditioned experience can provide lasting satisfaction.
- 4. **The Two Arrows teaching**** about what we might call *dukkha* as reactivity, pushing away the unpleasant (and, in the Dependent Origination teaching, also grasping after the pleasant).