



## The Buddha's Teaching in His Own Words

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Using passages from the Buddha's teaching as preserved in the Pāli Canon, this booklet explicates the question "What is the Dhamma?" by giving the Buddha's explanation of the Four Noble Truths, the Noble Eightfold Path in Practice, and "The Means" (applying the Dhamma, as one would use a raft to cross over to the other shore) and "The End" (the attainment of the "Island, the Refuge, the Shelter, the Beyond"). Taken from the classic volume *The Life of the Buddha* by the eminent monk and translator Bhikkhu Ñāṇamoli, this little book serves as a handbook of the teachings of the Buddha.

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