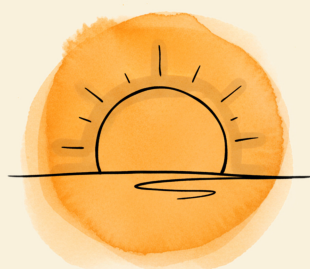


SIX FOUNDATIONAL TEACHINGS

Plain Dharma

*The Buddha's Foundational Teachings
in Modern English*



Translated by Claude Opus
Edited by Alex Miller

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What the Buddha actually taught — before the schools, the systems, and the centuries of commentary.

The first three talks he gave. The instructions on loving-kindness. The foundations of mindfulness. And his answer to the question of how to decide what to believe.

Six teachings, rendered in plain modern English — not a scholarly translation, but a plain reading, meant to make the foundational suttas accessible to a first-time reader without sacrificing the substance.

1. The Buddha's First Talk

The four noble truths, taught for the first time.

2. The Buddha's Second Talk

Why your mind and body are not really you.

3. The Fire Sermon

We burn with wanting, anger, confusion. Let go.

4. On Loving-Kindness

Goodwill for all beings — almost a poem.

5. The Foundations of Mindfulness

A guided meditation by the Buddha himself.

6. How to Decide What to Believe

The Buddha's case for thinking for yourself.

Read them slowly. Read them more than once. The work from here is yours.

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