Intelligence and Understanding

The Foundations of Meditation
The Four Noble Truths

1. In life there is suffering (Dukkha)
2. Suffering has causes (Samudaya)
3. The causes of suffering can cease (Nirvana)
4. There exists a path of cessation (Marga)
Intelligence and Understanding

From Latin *intelligēns*: realizing, understanding, perceiving, discerning.

- *intelligō* - inter (“between”) + legō (“collect; recite”).

From Old English *understandan*, understand—stand:

- to grasp the idea of; comprehend.
- to perceive the significance, meaning, explanation, or cause of something.
- to interpret or view something in a particular way.
- to be thoroughly familiar with; apprehend clearly the character, nature, or subtleties of something.
The Transformation of Impressions

Impression

• From Latin impressio, impress—“pressed in,” from the verb imprimere, to imprint.
• An effect produced upon someone
• A mark impressed on a surface by something
Willpower + Imagination = Comprehension