



# Intelligence and Understanding

The Foundations of Meditation



chicago gnosis



# The Four Noble Truths

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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 *intellegēns*: realizing, understanding, perceiving, discerning.

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

From Old English *understandan*, under—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.

אצילות ATZILUTH  
World of Archetypes

בריאה BRIAH  
World of Creation

יצירה YETZIRAH  
World of Formation

עשיה ASSIAH  
World of Action





# The Transformation of Impressions

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## 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