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# The First Discourse of the Buddha

*Rewata Dhamma*

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# The First Discourse of the Buddha

*Rewata Dhamma*

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After enlightenment, the Buddha delivered his first discourse to five disciples in Deer Park, India. Known as the Four Noble Truths, this lesson forms the foundation and essence of all the Buddha's teachings. It contains all the necessary information and instruction for us to become free from suffering and gain insight into the truth of enlightenment. *The First Discourse of the Buddha* includes a history of the Buddha's life, background on Buddhism, and a contemporary translation of and commentary on the Four Noble Truths.

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