

Content DVD "The Four Noble Truth"

(English spoken, German translation)

| Chapter | Time (h:m:s) |
|--------------------------------------------|---------------------|
| 1: Welcome | 00:00:00 |
| 2: Buddhist ritual (Heart Sutra) | 00:03:36 |
| 3: Introduction of The Four Noble Truth | 00:10:56 |
| 4: The Four Noble Truth & The Four Seals | 00:14:30 |
| 5: Samsara & Nirvana | 00:17:41 |
| 6: Overview Noble Truth 1 to 4 | 00:20:24 |
| 7: "Duhkha" and categories of "duhkha" | 00:27:13 |
| 8: First Noble Truth | 00:38:07 |
| 9: Duality | 00:45:15 |
| 10: Self, selflessness, The Five Skandha's | 00:49:31 |
| 11: The cause of "duhkha" (1) | 00:59:33 |
| 12: The cause of "duhkha" (2) | 01:11:25 |
| 13: Selfreference and Conceptual Mind | 01:16:33 |
| 14: Decrease 'duhkha' | 01:25:26 |
| 15: Meditation & Intuitive Mind | 01:31:06 |
| 16: Conclusion | 01:39:17 |

DVD: 720x576 pixels, 25 frames/sec (PAL). Total playingtime: 1h44