

### Dhamma Snippets – 13 & 14

Within this fathom-long sentient body itself, I postulate the world [loka], the cessation of the world, and the path leading to the cessation of the world. *Buddha*.

The Four Nutriments [cause/ condition]: 1. Ordinary material food; 2. Contact of our sense organs, including our mind, with the external world; 3. Consciousness; 4. Mental volition or the will to live, to exist, to re-exist, to continue, to become more and more, to accumulate more and more. *Buddha*.