

Sixteen Moments of the Path of Seeing = Sixteen Aspects of the Four Noble Truths

The Attributes of the Four Noble Truths	Moment or Aspect	Noble Truth of Suffering	Noble Truth of the Origin of Suffering	Noble Truth of the Cessation of Suffering	Noble Truth of the Noble Eightfold Path
The Four Forbearances or Patient Acceptances	1-4	Impermanence	Origin	Cessation or disappearance	Path
The Four Knowledges	5-8	Suffering	Production	Peace or pacification	Right Method
The Four Subsequent Forbearances or Patient Acceptances	9-12	Empty or essenceless	Cause	Excellence or supreme bliss of nirvana	Attainment
The Four Subsequent Knowledges	13-16	Egolessness	Condition	Certainty of liberation or ultimate separation and attainment	Conducive to liberation