

OUTLINE OF THE FOUR NOBLE TRUTHS

“I teach only Suffering and the end of Suffering” - Buddha

Dukkha is usually translated as Unsatisfactoriness or Suffering and doesn't adequately capture the meaning.

The First Discourse given by the Buddha 2500 years ago, at the Saranath Deer Park, to the first five disciples explains the Four Noble Truths. 'Setting in Motion the Wheel of the Dhamma'.

Also referred to as the Elephant's Footprint as it gives the framework into which all of the Buddha's Teachings fit.

In it the Buddha gives an outline of suffering, its cause, that there is an end and the path leading to the end of suffering.

THE FOUR NOBLE TRUTHS

1. The Noble Truth of **Dukkha** - (unsatisfactoriness that is intrinsic to human existence) - is to be fully understood
“Birth, aging, illness, death is suffering; sorrow, lamentation, pain, grief and despair; union with what is displeasing, separation from what is pleasing, not to get what one wants is suffering; in brief the five aggregates of clinging are suffering.
2. The Noble Truth of the **Origin** of Dukkha (Craving)
Craving - for Sense pleasure, for Existence, for Non Existence – is to be abandoned
3. The Noble Truth of **Cessation** of Dukkha (Nibbana) – is to be realised through cessation of craving
4. The Noble Truth of the **Path** leading to the cessation of Dukkha, to liberation from suffering (**The Middle Path** ie **The Noble Eightfold Path**) – is to be developed.



THE NOBLE EIGHT FOLD PATH

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|------------------------|---|-------------------------------|
| 1. Right View | } | Wisdom (<i>panna</i>) |
| 2. Right Intention | } | |
| 3. Right Speech | } | Virtue (<i>sila</i>) |
| 4. Right Action | } | |
| 5. Right Livelihood | } | |
| 6. Right Effort | } | Meditation (<i>samadhi</i>) |
| 7. Right Mindfulness | } | |
| 8. Right Concentration | } | |

Not a sequential path but all aspects to be developed with each enhancing the others.

When the path factors gradually develop and mature it leads to awakening or liberation, through direct insight into the true nature of existence. (Ie Impermanence, Suffering and No Self.)

References

Bhikkhu Bodhi – A Short Introduction to Buddhism, by Bhikkhu Bodhi: 2018 YouTube

[#1 Introduction to Buddhism – Path to Inner Freedom](#)

[#2 The Four Noble Truths](#)

[#3 Core doctrines of Buddhism](#)

[#4 Noble Eightfold Path \(part 1\)](#)

[#5 Noble Eightfold Path \(part2\)](#)

[#6 Buddhism and the world today](#)