***Four Noble Truths***

*The Four Noble Truths of Buddhism are stated in simple terms as:*

1. *Suffering exists*
2. *Suffering arises from attachment to desires*
3. *Suffering ceases when attachment to desire ceases*
4. *Freedom from suffering is possible by practicing the Eightfold Path*

*The Four Noble Truths is the basis of Buddhism. The First Truth is that all life is suffering, pain, and misery. The Second Truth is that this suffering is caused by selfish craving and personal desire. The Third Truth is that this selfish craving can be overcome. The Fourth Truth is that the way to overcome this misery is through the Eightfold Path.*

***The Eightfold Path***

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| ***Three Qualities*** | ***Eightfold Path*** |
| *Wisdom (panna)* | *Right View* |
|  | *Right Thought* |
| *Morality (sila)* | *Right Speech* |
|  | *Right Action* |
|  | *Right Livelihood* |
| *Meditation (samadhi)* | *Right Effort* |
|  | *Right Mindfulness* |
|  | *Right Contemplation* |