

The Four Noble Truths

In Buddhism, the Four Noble Truths are the truths or realities for the spiritually worthy ones. The truths are:

- Dukkha (not being at ease, suffering, standing unstable) is an innate characteristic of the perpetual cycle, or samsara, of grasping at things, ideas, and habits.
- Samudaya (origin, arising, combination, cause): There is dukkha, or unease, disbalance, when there is or it arises simultaneously with tanha (craving, desire, attachment, thirst)
- Nirodha (cessation, ending, confinement): Dukkha can be ended or contained by the confinement or letting go of this tanha.
- Marga (path, Noble Eightfold Path) is the path leading to the confinement of tanha, and dukkha.

The Four Noble Truths appear in many grammatical forms in the ancient Buddhist texts, and are traditionally identified as the first teaching given by Lord Buddha.

Here is another explanation according to the "Seeker's Glossary of Buddhism":

The Four Noble Truths are a fundamental doctrine of Buddhism which clarifies the cause of suffering and the way to emancipation. Lord Buddha is said to have expounded the Four Noble Truths in the Deer Park in Sarnath, near Varanasi, during his first sermon after attaining Nirvana.

The Four Noble Truths are:

- 1) All existence entails suffering.
- 2) Suffering is caused by ignorance, which gives rise to desire, and illusion.
- 3) There is an end to suffering, and this state of no suffering is called Nirvana.
- 4) The way to end suffering is through the practice of the Eightfold Noble Path.

The first truth is that the universal human experience of suffering, mental, and emotional as well as physical, is the effect of past karma. **The second truth** is the perception that the cause of such suffering is craving or grasping for the wrong things, or for the right things in the wrong way. The basic human problem is a misplaced sense of values, assigning to things or personas in the world a value that they cannot sustain. **The third truth** is that it is possible for suffering to cease. **The fourth truth** is the Noble Eightfold Path, the way to the solution.