

THE FOUR NOBLE TRUTHS

THE FIRST NOBLE TRUTH

Suffering

1. Birth is suffering
 2. Old age is suffering
 3. Sickness is suffering
 4. Death is suffering
 5. Union with what is displeasing is suffering
 6. Separation from what is pleasing is suffering
 7. Not getting what one wants is suffering
- In brief, the five aggregates subject to clinging are suffering.



The Five Aggregates are

- | | | |
|-----------------------|-------------------|----------------|
| 8. Form | 9. Feeling | 10. Perception |
| 11. Mental Formations | 12. Consciousness | |

THE SECOND NOBLE TRUTH

The Cause of Suffering

- 13. Craving for sensual pleasures
- 14. Craving for existence
- 15. Craving for non-existence



THE THIRD NOBLE TRUTH

The Cessation of Suffering

- 16. the remainderless fading away and cessation of that same craving



THE FOURTH NOBLE TRUTH

The Path Leading to the Cessation of Suffering

- 17. Right View
 - 18. Right Intention
 - 19. Right Speech
 - 20. Right Action
 - 21. Right Livelihood
 - 22. Right Effort
 - 23. Right Mindfulness
 - 24. Right Concentration
- Wisdom**
- Virtue**
- Concentration**

