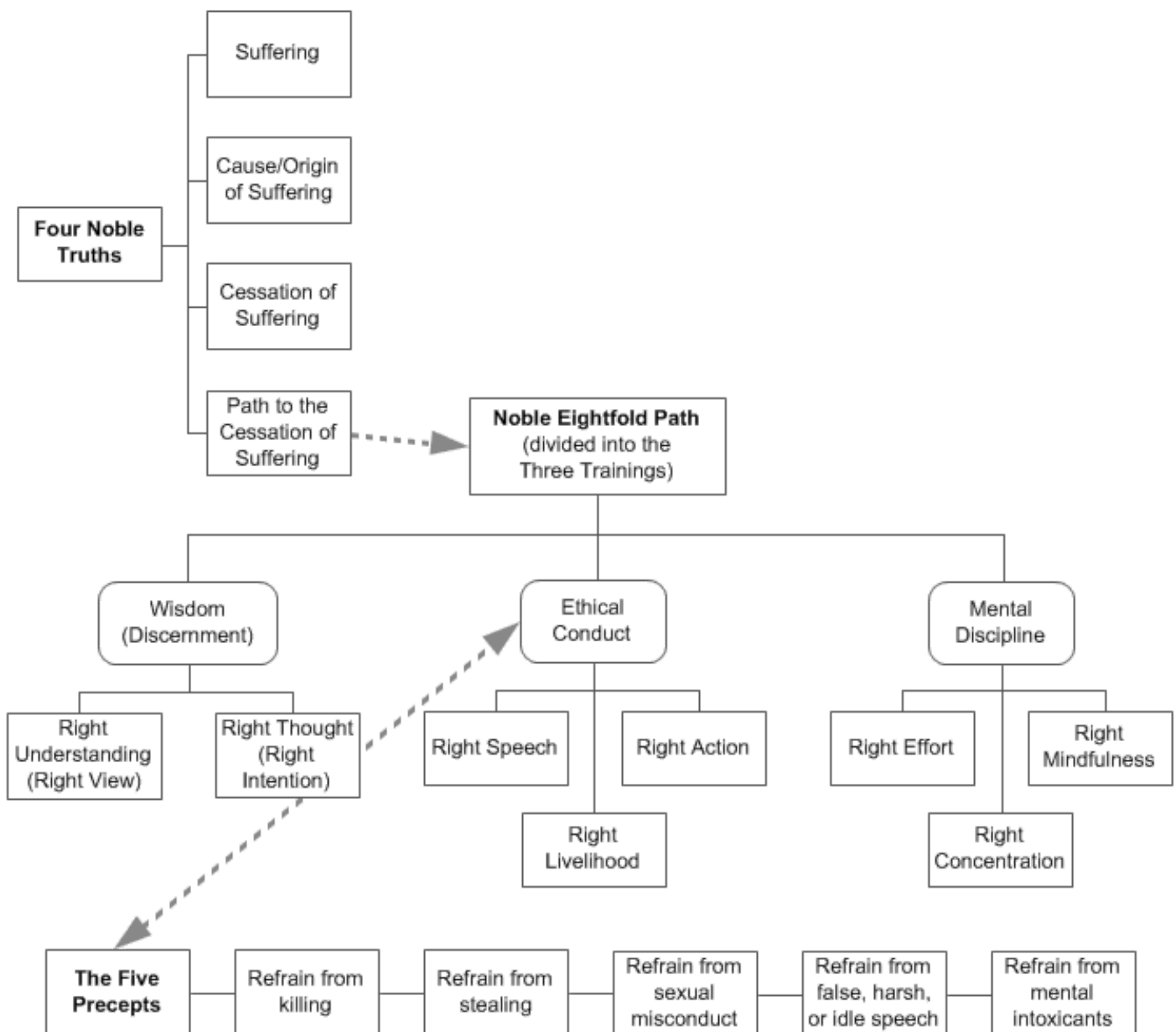


Four Noble Truths and the Noble Eightfold Path, and the Five Precepts



1. The truth of Suffering

Life always involves suffering, in obvious and subtle forms. Even when things seem good, we always feel an undercurrent of anxiety and uncertainty inside.

2. The truth of the cause of Suffering

The cause of suffering is craving and fundamental ignorance. We suffer because of our mistaken belief that we are a separate, independent, solid “I.” The painful and futile struggle to maintain this delusion of ego is known as samsara, or cyclic existence.

3. The truth of the end of Suffering

The good news is that our obscurations are temporary. They are like passing clouds that obscure the sun of our enlightened nature, which is always present. Therefore, suffering can end because our obscurations can be purified and the awakened mind is always available to us.

4. The truth of the path of the end of Suffering

By living ethically, practicing meditation, and developing wisdom, we can take exactly the same journey to enlightenment and freedom from suffering that the buddhas do. We too can wake up.