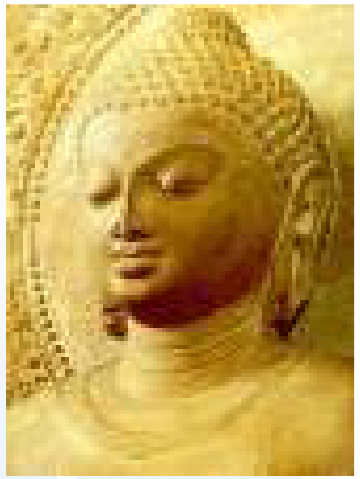
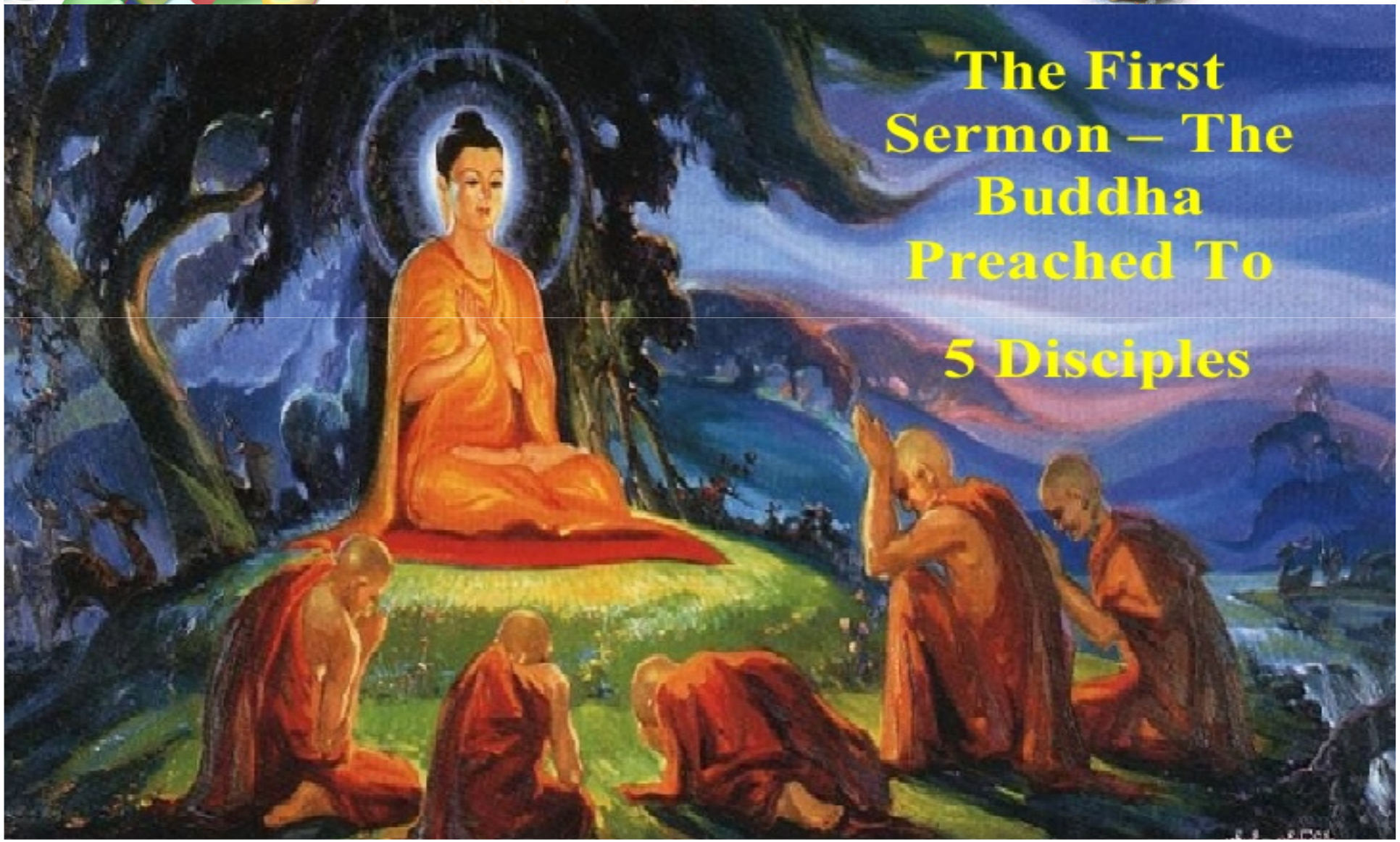


The Four Noble Truths

By…

Nuarhnwan Punwasuponchat

The Four Noble Truths



The Truth of Suffering

1. Dukkha

(*dukkha ariya sacca*)

- Life is suffering.
- Life , pain, getting old disease and ultimately death
- Suffering may be physical or mental.
- Loneliness, frustration, fear, embarrassment, disappointment and anger

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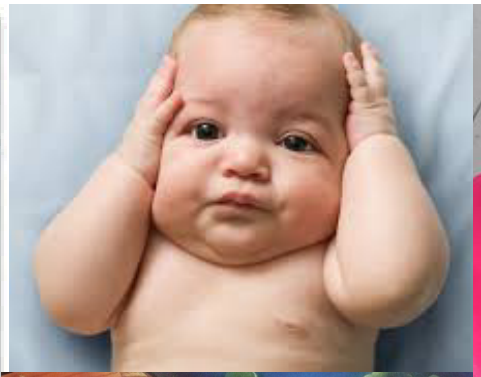
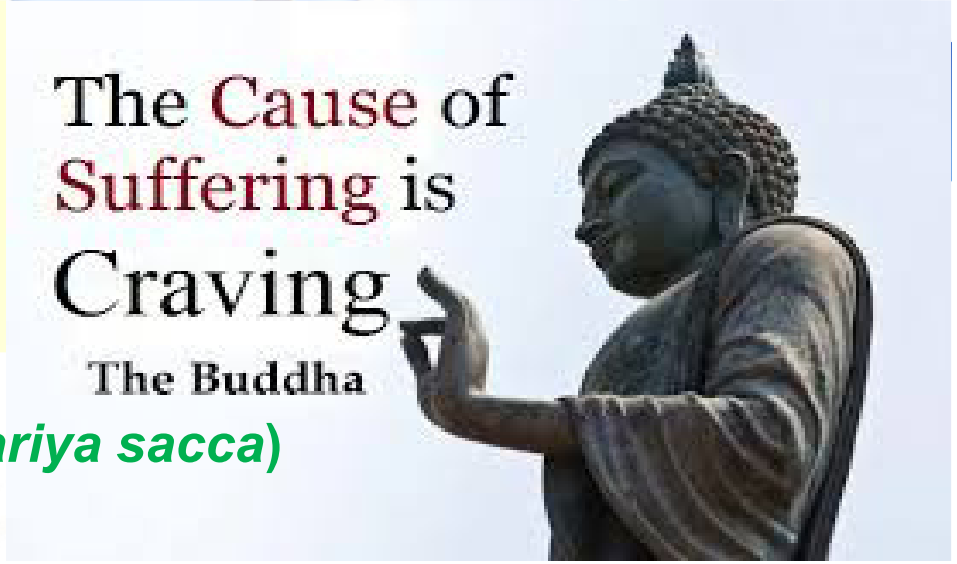


STRESS

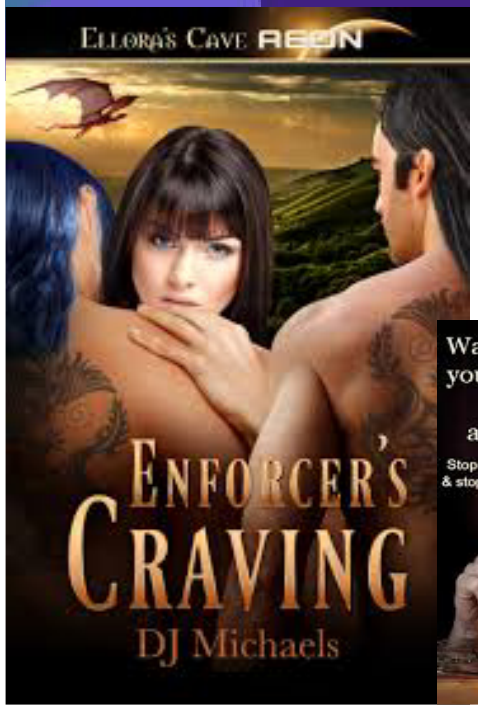
2.Cause of suffering=?

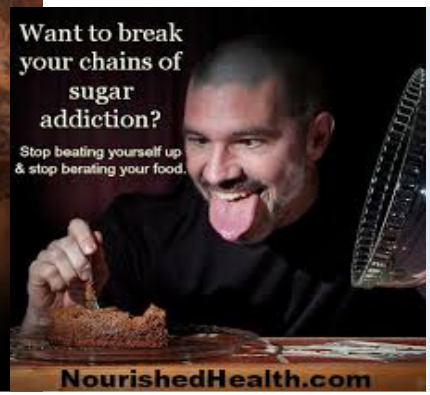


(*dukkha samudaya ariya sacca*)

Craving & Greed
(pali -Tanha)

- = thirst, desire, attachment





- attachment to *sensual pleasures*,
- craving for material *possessions*, and
- greed for personal *gain* : wealth, influence, power or fame
- Some people crave *eternal youth* and *immortality* : others *desire an end to life*

- All cravings➔ distort *thinking* & *perception*,
- shielding the mind from *reality,*
- may result in *lying, theft, degradation, oppression of others, hatred* and even *murder*
- These actions ➔ cause *others to suffer*
- But experiencing craving is itself *suffering*.
- Unfulfilled cravings are painful,
- but the satisfaction or exhilaration or fulfilled cravings is usually *short - lived* and is replaced by a sense of loss, a form of suffering that cause renewed desire.

The Four Noble Truths

3. Cessation of suffering

(*dukkha nirodha ariya sacca*)

= to eliminate desire and attachments (Nirvana = "extinction")

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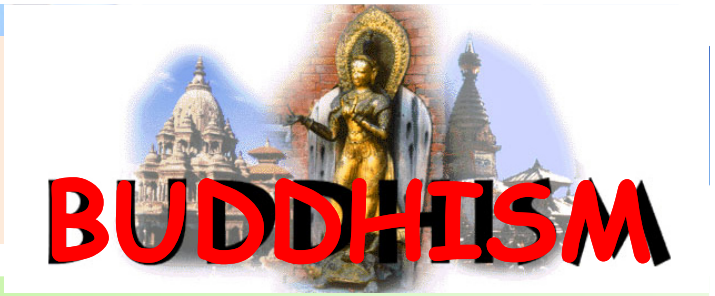
the Noble 8-fold Path



- **Path leading to the cessation of suffering**
- (*dukkha nirodha gamini patipada ariya sacca*)
- is the path which leads to the end of suffering.

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Elaboration of the Noble Eightfold Path

Wisdom (*prajna*)

- Right views (*Samma ditthi*)
- Right intent (*Samma sankappa*)

Morality (*sila*)

- Right speech (*Samma vaca*)
- Right conduct (*Samma kammanta*)
- Right livelihood (*Samma ajiva*)

Meditation (*samadhi*)

- Right effort (*Samma vayama*)
- Right mindfulness (*Samma sati*)
- Right concentration (*Samma samadhi*)

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Thank You !

Nuarhnwan Punwasuponchat

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