

The Four Noble Truths are the core, foundational teachings of Buddhism, outlining the nature of suffering ([dukkha](#)), its cause ([samudaya](#)), its end ([nirodha](#)), and the path to liberation ([magga](#)). They represent the Buddha's first teaching and provide a framework for understanding life and achieving enlightenment.

1. The Truth of Suffering (Dukkha)

Life involves suffering, dissatisfaction, and impermanence. This includes physical pain, emotional sorrow, aging, sickness, death, and the disappointment of not getting what one wants.

2. The Truth of the Cause of Suffering (Samudaya)

The root cause of suffering is craving, desire, and attachment ([tanha](#)). This includes clinging to pleasurable experiences, craving for existence, or desiring to avoid unpleasant experiences.

3. The Truth of the End of Suffering (Nirodha)

It is possible to end suffering by letting go of craving and attachment. This cessation leads to the state of Nirvana, a state of liberation and ultimate peace.

4. The Truth of the Path to the End of Suffering (Magga)

The way to end suffering is to follow the Noble **Eightfold Path**. This path offers a practical guide of ethical and mental practices to reach liberation:

- **Right Understanding** (Understanding the Four Noble Truths)
- **Right Intention** (Commitment to non-harming and compassion)
- **Right Speech** (Speaking truthfully and kindly)
- **Right Action** (Acting ethically and peacefully)
- **Right Livelihood** (Earning a living without causing harm)
- **Right Effort** (Cultivating positive states of mind)
- **Right Mindfulness** (Developing awareness of body and mind)
- **Right Concentration** (Focusing the mind)