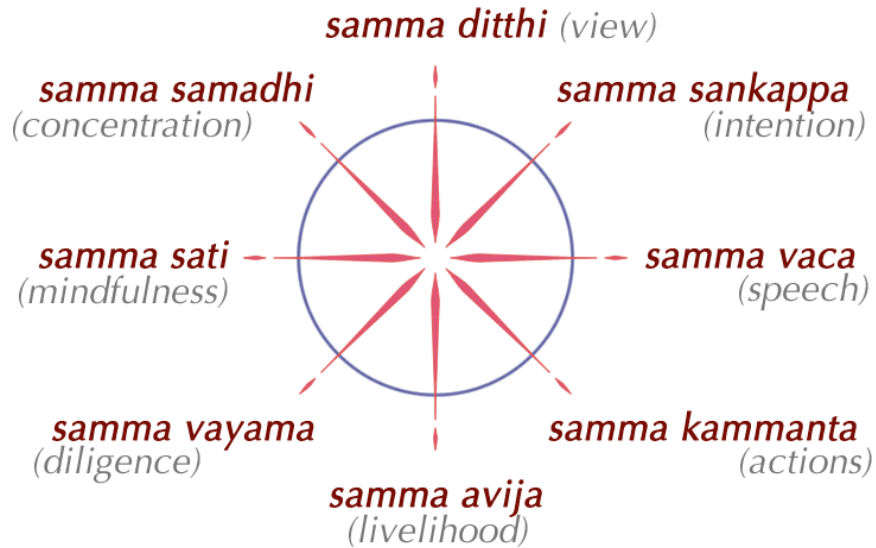


Dhamma

The Four Noble Truths

- Dukkha** Here is *dukkha*. Now, *dukkha* must be fully known. Further, *dukkha* can be fully known.
- Craving** Here is craving, which generates *dukkha*. Now, craving must be let go of. Further, craving can be let go of.
- Cessation** Here is cessation of *dukkha* which comes with letting go of craving. Now, cessation must be experienced. Further, cessation can be experienced.
- Path** Here is the Path to cessation: rightly aligned view, intention, speech, actions, livelihood, diligence, mindfulness, concentration. Now, this Noble Eightfold Path must be cultivated. Further, the Path can be cultivated.

The Noble Eightfold Path



Glossary	
Dhamma (Sanskrit Dharma)	How events lawfully unfold in the world, how phenomena emerge, how action produces consequences, in both the ethical realm and the physical realm.
Noble	Pali <i>ariya</i> . In Brahminic culture, the word had racial and caste overtones; the Buddha ethicized it: not one who is nobly born, but one of noble character.
dukkha	Literally, pain or suffering. More broadly, all that is unsatisfactory in the world: multiplicity, complexity, ambiguity, impermanence. Craving—for one ultimate truth, for a simple answer, for it to be one thing or the other, for pleasure to go on forever and discomfort to end right now—turns <i>dukkha</i> into <i>Dukkha</i> .
samma	Right or correct, in the sense of being rightly aligned with the <i>Dhamma</i> .
“Here is...”	Where else?



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