

THE FOUR NOBLE TRUTHS

Prince Siddhartha Gautama (Buddha) lived in a privileged life in a palace surrounded by wealth and luxuries. Nobody old, sick and dying was amongst him. Everyone around him was always young, healthy and beautiful. But one day when he visited a village outside the palace, he witnessed the four sights:

The Four Sights are:

1- An old man with a walking stick,

2- a sick and crippled old man

3- a dead person

4- a wandering holy man

The first three sights saddened him greatly and created a heavy feeling of despair in his heart.

But the last sight of a wandering holy man, who had left his home and left behind fame and riches lives a simple, peaceful life that he hopes to find the truth and overcome suffering that troubles the world.

Prince Siddhartha left his father's palace and became a wandering holy monk, with the hope that he too would find the way to help people ending suffering. He experienced both physically hardship starved his body, enjoyed no comforts and suffered all the experiences of life without belongings.

The truth of how to find a way to end suffering did not come through until he sat under the Bodhi tree to meditate for 49 days, through that he achieved his *insights* and attained *enlightenment*. He found that ***the true way to happiness was to avoid the extremes of indulgence and self-denial but to follow a moderate way of life.***

Four Noble Truths are:

1.The Truth of Suffering (Dukkha means difficult to bear)

Describes both physical and psychological suffering exists.

(THE PRESENCE of SUFFERING)

2.The Truth of the Cause of Suffering: *suffering arises from desire, stress, unhappy, greed, dissatisfaction and attachment.*

(THE CAUSE of SUFFERING)

3.The Truth of the End of Suffering: *suffering ceases when desire and attachment ceases.*

(THE END of SUFFERING)

4.The Truth of the Path leading to the End of Suffering: *Lives life by the principles of The Middle Path.*

(THE WAY to END SUFFERING).

It is described in The Noble Eightfold Path and this path, has eight steps.