

# The Four Noble Truths

<p>The Noble Truth of <b>Suffering:</b>  <b>Dukkham</b> Ariyasaccam  <i>"should be understood"</i></p>	<p>Birth is suffering, ageing is suffering, sickness is suffering, death is suffering, association with disagreeable people and unpleasant things is suffering, separation from loved ones and pleasant thing is suffering, not receiving what one desires is suffering. In brief, the five aggregates of clinging are suffering.</p>	<p>Jāti'pi dukkhā jarāpi dukkhā vyādhī'pi dukkho maraṇam'pi dukkham appiyehi sampayogo dukkho piyehi vippayogo dukkho yaṃpiccham na labhati tampi dukkham saṅkhittena pañcūpādānakkhandhā dukkhā.</p>
<p>The Noble Truth of the <b>Origin of Suffering:</b>  <b>Dukkha Samudayam</b>  Ariyasaccam  <i>"should be eradicated"</i></p>	<p>It is the <b>craving</b> which produces re-existence accompanied by passionate lust, and finding delight now here, and now there; namely, craving for sense-pleasures, craving for existence, and craving for non-existence.</p>	<p>Yāyam <b>taṇhā</b> ponobhavikā nandirāga sahatatā tatrataṭṭhābhinandinī seyyathīdam: kāmataṇhā bhavataṇhā vibhavataṇhā.</p>
<p>The Noble Truth of the <b>Cessation of Suffering:</b>  <b>Dukkha Nirodham</b> Ariyasaccam  <i>"should be attained"</i></p>	<p>It is the <b>complete cessation of that very craving</b>, giving it up, relinquishing it, liberating oneself from it, and detaching oneself from it.</p>	<p>Yo tassāy'eva <b>taṇhāya asesa virāga nirodho</b> cāgo paṭinissaggo mutti anālayo.</p>
<p>The Noble Truth of the <b>Path leading to the Cessation of Suffering:</b>  <b>Dukkha Nirodhagāminī Paṭipadā</b> Ariyasaccam  <i>"should be developed"</i></p>	<p>It is just this <b>Noble Eightfold Path</b>, namely: right view, right intention, right speech, right action, right livelihood, right effort, right mindfulness, and right concentration.</p>	<p>Ayameva <b>ariyo aṭṭhaṅgiko maggo</b>. Seyyathīdam: sammā diṭṭhi, sammā saṅkappo, sammā vācā, sammā kammanto, sammā ājīvo, sammā vāyāmo, sammā sati, sammā samādhi.</p>

From the Dhammacakkappavattana Sutta: Setting In Motion the Wheel of Dhamma SN 56:11