



इंग्हा

ecumenical
buddhist practice

The Four Noble Truths and the Eightfold Path

The Four Noble Truths

1. The truth of the **reality** of suffering
2. The truth of the **nature** of suffering
3. The truth of the **cessation** of suffering
4. The **path** to the cessation of suffering

The Eightfold Path

1. Ideal Understanding
2. Ideal Thought
3. Ideal Speech
4. Ideal Action
5. Ideal Livelihood
6. Ideal Effort
7. Ideal Mindfulness
8. Ideal Concentration

