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# Noble Truths in Buddhism

CC-I

Semester -I

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# The Four Noble Truths

1. All beings are subject to Dukkha.
2. There are causes of Dukkha.

# The Four Noble Truths

1. **Dukkha can be overcome.**
2. **There is a way out of dukkha: the Noble Eightfold Path.**

# The Four Noble Truths

## 1. All beings are subject to Dukkha.

Dukkha or suffering is negative feelings including stress, dissatisfaction and physical suffering like illness, separation from loved ones, not getting their desires, aging and death.

# The Four Noble Truths

- 2. Dukkha arises from desire and craving.** Dukkha arises when desires and cravings are not met.

# The Four Noble Truths

- 3. Dukkha can be overcome by Nibbana** that is the state of peace where all greed, hatred and delusion, and thereby dukkha, have been eradicated.

# The Four Noble Truths

4. **There is a way out of dukkha** by following this path as taught by the Buddha.

# Nibbana

Nirbana is the total absence of all craving and suffering.

It is a state of permanent bliss and happiness from which there is no more rebirth. It is achieved by one who has eradicated all aspects of greed, hatred and delusion.



# Thanks

