

Key Teachings of the Buddha:

The Four Noble Truths

The Four Noble Truths are the fundamental teachings of Buddhism. The first teachings of the Buddha, the Four Noble Truths explain the truth of suffering, the causes of suffering, the cessation of suffering, and the path to the cessation of suffering.

1st Noble Truth: The Recognition that Life brings Suffering

The First Noble Truth recognises that life brings suffering. There are many forms of suffering, both physical and mental. Physical suffering can take the form of sickness, old age and death. On the other hand, mental suffering refers to sadness, loneliness or depression that all of us may face at different stages of our lives.

3rd Noble Truth: The End of Suffering

Having found the root cause of suffering, the end of suffering can be achieved through the cessation of our desires, ill will and ignorance. Through the cessation of all these, one achieves the state of Enlightenment (Nibbana).

2nd Noble Truth: The Cause of Suffering

Having recognised that life brings suffering, Buddha identified that the cause of suffering lies in our craving and ignorance. Craving refers to the constant desires for sensual pleasures. When we are not able to get what we want, we may feel angry or unhappy. Even when we managed to get what we want, we may not be satisfied and crave for more.

4th Noble Truth: The Path to the End of Suffering

In order to achieve the end of suffering, the Buddha put forth the Noble Eightfold Path (see next poster) for his followers to attain Enlightenment.

