

The Four Noble Truths

The Four Noble Truths are the core of Buddha's teaching, and 'dukkha' is at the core of the Four Noble Truths. It is most often translated as 'suffering', 'unsatisfactoriness' or 'stress' but none of them are quite right.

Here are more translations. Somewhere between them is the meaning of 'dukkha'.

suffering injury pain affliction anguish unhappiness sorrow misery despair worry anxiety fear frustration **dissatisfaction** non-satisfaction **unsatisfactoriness** aversion **discomfort** dis-ease (as opposed to 'sukka', ease or wellbeing) unease **stress** **discontent** irritation **unsteadiness** disturbance transience **impermanence**

Dukkha is inherent in all of life's experiences.

This is the noble truth of suffering (Dukkha): Birth is suffering, aging is suffering, illness is suffering and death is suffering; association with what is displeasing is suffering, separation from what is pleasing is suffering, and not to get what one wants is suffering; in brief, anything the senses can grasp may bring suffering.

Dukkha arises from attachment to sensual pleasures.

This is the noble truth of the origin of suffering (Samudaya): It is this craving which leads to renewed existence (rebirth), accompanied by delight and lust, seeking fresh delight now here, and now there; that is, craving for sensual pleasures, craving for existence and craving for non-existence.

Dukkha ceases when attachment to desires ceases.

This is the noble truth of the cessation of suffering (Nirodha): It is the fading away and complete cessation of that same craving, giving it up and relinquishing it, liberating oneself from it and detaching oneself from it.

There is a path leading to the end of dukkha.

It is the Noble Eightfold Path.

This is the noble truth of the path (Marga) leading to the cessation of suffering: It is this **Noble Eightfold Path** - that is, right understanding, right intention, right speech, right action, right livelihood, right effort, right mindfulness and right concentration.