

Four Noble Truths

There is suffering

The causes of suffering are:

greed, hatred, and delusion

There is a way out of suffering

Following the eight-fold path is the way
to overcome suffering

The Eight-fold Path

Wisdom

(panna)

{ Right Thought
Right Understanding
Impermanance
Selflessness
Suffering

Virtue

(sīla)

{ Right Speech
Truth, Necessary, Kind
Right Livelihood
Not Harmful
Right Action
Not being intoxicated
Not stealing
Not killing
Not adultering

Concentration

(samhādī)

{ Right Effort
Right Mindfulness
Right Concentration