Four Noble Truths

1. That existence in the phenomenal universe is inseparable from suffering and from sorrow.

2. That the cause of suffering is desire for existence in the world of phenomena.

3. That cessation of suffering is brought about by eradicating all desire for existence in this universe of phenomena.

4. That the way to the cessation of suffering is by treading the noble Eightfold Path, wherein are expressed right belief, right intentions, right speech, right actions, right living, right endeavour, right-mindedness and right concentration.