

The Four Noble Truths

1. There is suffering
(we commit to understanding the truth of suffering)
2. There is a cause of suffering
(we commit to understanding how attachment leads to suffering)
3. There is a way to end suffering
(we commit to understanding how to ease suffering)
4. There is a path to live that ends suffering
(we commit to cultivating the eightfold path in our lives)

The Noble Eightfold Path

1. Wise Understanding
2. Wise Intention
3. Wise Speech
4. Wise Action
5. Wise Livelihood
6. Wise Effort
7. Wise Mindfulness
8. Wise Concentration