

# 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