

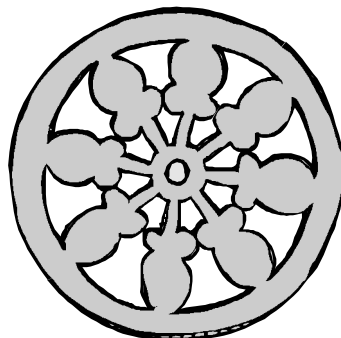
Buddhist beliefs.

The Four Noble Truths form the first part of the Buddha's teachings.

1. Human life is full of *dukkha*. This is a *Sanskrit* word which means that which is difficult to endure, which could describe physical pain or feeling unhappy.
2. The reason for *dukkha* is people's selfishness and greed. People are never content with what they have. They always want more.
3. There is a way to end *dukkha*.
4. The way to end *dukkha* is to live your life according to the Middle Way, which is known as the Noble Eightfold Path.

The Noble Eightfold Path has eight steps

- Right understanding of the Four Noble Truths
- Right thought thinking good, kind thoughts
- Right speech using kind words and not telling lies
- Right action not killing or stealing; looking after others
- Right work or livelihood doing a job that does not harm others
- Right effort working hard to do good things
- Right mindfulness thinking before you act or speak
- Right concentration using meditation to train your mind to be calm and focused



Buddhist beliefs

What are The Four Noble Truths?

What are the eight steps on the Noble Eightfold Path?
Write one step on each spoke of the *dharma*-wheel below.

