

# The Four Noble Truths

(*catvāri āryasatyāni*)

The Truth of  
Duḥkha

The Origin  
of Duḥkha

The  
Extinction  
of Duḥkha

The Path leading  
to the Extinction  
of Duḥkha

**Task:** To understand  
duḥkha, in all its forms

**Task:** To let go of the  
origin of duḥkha

**Task:** To experience the  
extinction of duḥkha

**Task:** To practice the  
Eightfold path

**Recognize:** This is  
duḥkha

**Recognize:** There is a  
way to give rise to  
duḥkha

**Recognize:** It is possible  
to end duḥkha *and*  
cultivate peace and joy

**Recognize:** There is the  
Eightfold Path to end  
duḥkha

**Encourage** Duḥkha  
should be understood

**Encourage** Put an end  
to the origin of duḥkha

**Encourage** Extinguish  
duḥkha and cultivate  
peace and joy

**Encourage** Put the  
Eightfold Path to end  
duḥkha into practice

**Realization:** Duḥkha is  
understood

**Realization:** The origin  
of duḥkha is understood

**Realization:** Duḥkha is  
extinguished, peace and  
joy is present

**Realization:** The  
Eightfold Path is being  
practiced