



The Four Noble Truths

Losang Gyatso

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After his enlightenment, the Buddha taught the Four Noble Truths—the foundation and essence of all forms of Buddhism. The first truth diagnoses the nature of our existential illnesses and neuroses. The second explores their causes and conditions for arising. The third shows that the causes of our problems can be removed and that we can be free of suffering. The fourth includes the many paths Buddhism offers to realize that goal. The Buddha has shown that the spiritual path is pragmatic and works directly with everyday experience in order to fundamentally transform the practitioner. This presentation is a succinct and a very clear introduction to the Buddha's core teaching.

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