

### 4 Noble Truths

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|-----------------------|---|--------------------------|
| 1 <sup>st</sup> Truth | There is Dukkha                                 | Illness                  |
| 2 <sup>nd</sup> Truth | The cause is 'thirst'                           | Cause                    |
| 3 <sup>rd</sup> Truth | When 'thirst' ceases Dukkha ceases              | What needs to be removed |
| 4 <sup>th</sup> Truth | The Noble Eightfold Path that leads from Dukkha | Course of treatment      |

