**The Four Noble Truths**

*The Four Noble Truths are…*



2. Suffering (\_\_\_\_\_\_\_\_\_\_\_\_\_\_) is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ by something.

The truth of origin is like the \_\_\_\_\_\_\_\_\_\_\_ of the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_,

 1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ exists.

The truth of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is like a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, (the illness)



 3. Suffering (\_\_\_\_\_\_\_\_\_\_\_) can \_\_\_\_\_\_.

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The truth of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is like the \_\_\_\_\_\_\_\_\_\_\_ of the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_,

4. There is a \_\_\_\_\_\_\_ to end

\_\_\_\_\_\_\_\_\_\_\_\_\_\_. It is the Noble \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_.

The truth of the \_\_\_\_\_\_\_\_\_\_ is like the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.



*The First Noble Truth – Dukkha (suffering).*

The four unavoidable types of physical suffering are: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_; \_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_; \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

The three main forms of mental suffering; \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ from someone or \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ you \_\_\_\_\_\_\_\_\_\_\_\_\_.; contact with \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ or \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ you \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_; not being able to \_\_\_\_\_\_\_\_\_\_\_\_ or fulfil \_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

*Suffering and the Three Poisons*

The three poisons are \_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_

They are at the centre of the wheel of life because they cause \_\_\_\_\_\_\_\_\_\_\_ (suffering) and keep the \_\_\_\_\_\_\_\_\_\_ of \_\_\_\_\_\_ and the cycle of \_\_\_\_\_\_\_\_\_\_\_\_\_ turning. Buddhists need to defeat the three \_\_\_\_\_\_\_\_\_\_\_ in order to achieve \_\_\_\_\_\_\_\_\_\_ (enlightenment).

*The Second Noble Truth – The cause of dukkha.*

One of the main causes of dukkha is \_\_\_\_\_\_\_­­­­­­\_\_\_\_\_\_

which means thirst or \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

The three main types of tanha are;

1. Craving things that \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ such as \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

2. Craving to\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ something you are \_\_\_\_\_\_\_\_\_, e.g. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

3. Craving \_\_\_\_\_\_\_ to be or \_\_\_\_\_\_-\_\_\_\_\_\_\_\_\_\_\_\_\_ This refers to when you want to \_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_ of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ or stop something \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ for example \_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.



