



The Four Nobler Truths

1. Your divine life is rich in joy.
2. The cause of joy is divine love.
3. Divine love can be experienced, expanded and shared even while you are embodied on Earth.
4. The means of doing this is through the New Eight-fold Path.

The New Eight-fold Path



1. Loving-Kindness
2. Loving-Understanding
3. Loving-Charity
4. Loving-Empathy
5. Loving-Gratitude
6. Loving-Forgiveness
7. Loving-Mercy
8. Loving-Compassion



The Four Noble Truths

1. **The Truth of Suffering** Earthly existence including birth, decrepitude, sickness and death is suffering and sorrow.
2. **The Truth of the Cause of Suffering** The cause of human suffering lies in ignorance and karma caused by desire or craving.
3. **The Truth of the Cessation of Suffering** The extinguishing of all human ignorance and karma results in a state known as nirvana.
4. **The Truth of the Path to the Cessation of Suffering** The path to the cessation of suffering is the noble Eight-fold Path.

The Eight-fold Path

1. **Right Views** – Keep yourself free from prejudice, superstition and delusion, and focus on the true nature of life.
2. **Right Thoughts** – Turn away from evil and turn your mind toward righteousness.
3. **Right Speech** – Refrain from pointless and harmful talk. Always speak kindly and courteously.
4. **Right Conduct** – Make your deeds peaceful, benevolent, compassionate and pure. Live the teaching of the Buddha daily.
5. **Right Livelihood** – Earn your living in a way that causes no evil consequences.
6. **Right Effort** – Direct your efforts to the overcoming of ignorance and selfish desires.
7. **Right Mindfulness** – Cherish good and pure thoughts. All you say and do arises from your thoughts.
8. **Right Meditation** – Concentrate your will on the Buddha, his life and his teaching.

