

The Four Noble Truths

1. Life is suffering: (a) physical suffering (b) psychological suffering.
2. Causes of suffering: (a) Physical - sickness, injury, pain, decrepitude, and death. (b) Psychological - the ego's two functions of: (1) advancing/defending the sense of self-worth, (2) reinforcing/grounding consciousness to a concept of "me" or "I" through attachment to and desire for impermanent concepts and things.
3. The end of suffering is possible: (a) Physical - physical suffering can only be diminished and perhaps avoided by healthy living habits., (b) Psychological - psychological suffering (enslavement to the ego) is possible.
4. The end of psychological suffering is accomplished by following The Eightfold Path.