

The Four Noble Truths
The Liberating, Simple Truth
at the Heart of the Buddha's Teaching

1. Suffering (*dukkha*) exists.
2. Suffering has a cause.
3. Suffering can end.
4. Mindfulness is a path that leads to the end of suffering.

Mindfulness is awareness of present experience with acceptance. The Buddha used the term *Vipassana*, which means to see things as they are.

Pain and Suffering, Pressures and Stress

- ❖ Pain is unavoidable, but suffering can end.
- ❖ A path that leads to the end of suffering is mindfulness, which is cultivated by meditation (fourth Noble Truth).

$$\text{Suffering} = \text{Pain} \times \text{Resistance}$$

- ❖ The pressures of academic life are unavoidable, but stress can end.
- ❖ A path that leads to the end of stress is mindfulness, which is cultivated by meditation.

$$\text{Stress} = \text{Pressures} \times \text{Resistance}$$