The Four noble truths

The Four truths are key to Buddhists. They are Buddha’s key teaching about the world and humans. Buddhists do not have one specific texts but follow the Buddha’s teaching. They are:

1. All human life involves suffering.
2. The root of suffering is craving
3. We can escape suffering if we learn to be contented and stop craving.
4. We can end suffering by following what Buddha described as the ‘middle way’.

What is a rule that you think people should follow to make their lives better? Explain why you have chosen this rule?

e.g. Be nice to everyone, make sure you say please and thank you. Be polite to adults. Look after your family.

My rule is : \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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