

# Four Noble Truths

## Sixteen Aspects of the Four Noble Truths (Tib: *phag-pai dhenpa shi*)

### The Truth of Suffering

1. Impermanence (Skt. *Anitya*, Tib: *mi-tak pa*)
2. Suffering (Skt. *duḥkha*, Tib: *dhook-nyel*)
3. Emptiness (Skt. *Śūnyatā*, Tib: *tong-pa*)
4. Selflessness (Skt. *Anātmaka*, Tib: *dhak-maypa*)

### The Truth of Origination

5. Cause (Skt. *Hetu* Tib: *gyu*)
6. Origination of all (Skt. *samudaya* Tib: *kun-jung*)
7. Intense Arising (Skt. *Prabhava*, Tib: *rab-khay*)
8. Condition (Skt. *pratyaya*, Tib: *kyen*)

### The Truth of Cessation of Suffering

9. Cessation (Skt. *nirodha*, Tib: *gog-pa*)
10. Peace (Skt. *śānta*, Tib: *shi-wa*)
11. Perfection (Skt. *praṇīta*, Tib: *gya-nom*)
12. Definite Deliverance (Skt. *niḥsaraṇa*, Tib: *nye-jung*)

### The Truth of the Path to the Cessation

13. Path (Skt. *mārga*, Tib: *lam*)
14. Appropriate (Skt. *nyāya*, Tib: *rigs-pa*)
15. Effective (Skt. *Pratipatti*, Tib: *durb-pa*)
16. Truly Delivering (Skt. *nairyāṇika*, Tib: *nye-jin*)