

Buddhism

Four Noble Truths

Following the medical formula of his day, the Four Noble Truths are:

Name: **Dukkha** (suffering or dissatisfaction). Ultimately, things don't work out.

Cause: **Samudaya** (origin). Craving (tanha) is the origin of suffering.

Cure: **Nirodha** (cessation). We release and relax.

Treatment: **Magga** (path). The Eightfold Path (ariyo atthangiko maggo) outlines his treatment plan.

Eightfold Path (Ariyo Atthangiko Maggo)

Pali	English	Other Translations
Samma Ditthi	Harmonious Perspective	Right View
Samma Sankappa	Harmonious Intention	Right Thought, Aspiration
Samma Vaca	Harmonious Communication	Right Speech
Samma Kammanta	Harmonious Conduct	Right Action, Movement
Samma Ajiva	Harmonious Lifestyle	Right Livelihood
Samma Vayama	Harmonious Practice	Right Effort
Samma Sati	Harmonious Mindfulness	Right Awareness, Observation
Samma Samadhi	Harmonious Collectedness	Right Concentration

from Kraft, Doug (2013-10-24). *Buddha's Map: His Original Teachings on Awakening, Ease, and Insight in the Heart of Meditation* (Kindle Locations 2378-2384, 2400-2431). Blue Dolphin Publishing. Kindle Edition.

http://upload.wikimedia.org/wikipedia/commons/d/d4/The_wheel_of_life_%2C_Trongsa_dzong.jpg

The Six Domains[[edit](#)]

God Realm (Blissful State)[[edit](#)]

Main article: Deva (Buddhism)

The *Deva realm* is the realm of bliss. **The disadvantage of this realm is that things are so very comfortable there, that these beings completely neglect to work towards enlightenment.** Instead they gradually use up the good karma they had previously accumulated, and so they subsequently fall to a lower rebirth.

The Deva realm is sometimes also referred to as the *gods' realm*, because its inhabitants are so powerful within their own realm, that compared to humans, they resemble

Asura Realm[[edit](#)]

Main article: Asura (Buddhism)

The *Asura realm* is the realm of the demigods.

The Asuras are said to experience a much more pleasurable life than humans, but they are plagued by envy.

Human Realm[[edit](#)]

Main article: Human beings in Buddhism

The *Human realm* (also known as the *Manuṣya realm*) is based on [passion](#), [desire](#), [doubt](#), and [pride](#).

Animal Realm[[edit](#)]

Main article: Animals in Buddhism

The *Animal realm* (also known as the Tiryag-yoni realm) is based on strong mental states of stupidity and prejudice and pursuit of mere physical pleasures.

Preta Realm[[edit](#)]

Main article: [Preta](#)

The **sentient** beings in this realm are known as "**hungry ghosts**". They are constantly **extremely hungry and thirsty, but they cannot satisfy these needs**. In [Tibetan](#) versions of the [Bhavacakra](#) these beings are drawn with narrow necks and large bellies. This represents the fact that their desires torment them, but they are completely unable to satisfy themselves.

Hell Realm[[edit](#)]

Main article: [Naraka \(Buddhism\)](#)

The *Naraka realm*, or "hell realm" is a rebirth based on strong states of hatred and anger.

The Wheel of Life[[edit](#)]

The [Bhavacakra](#) or "Wheel of Life" is a popular teaching tool often used in the Indo-Tibetan tradition. It is a kind of diagram which portrays these realms and the mechanism that causes these samsaric rebirths. In this depiction, the realm of the [Devas](#) is shown at the top, followed clockwise by the realms of the [Asuras](#), [Animals](#), [Naraka](#), the [Pretas](#), and [Humans](#). Close examination will show that the Buddha is shown as being present in every one of these realms.