**Buddhism**

There are two main beliefs of Buddhism, that is, the teachings of the Buddha and his followers.

**One is the “Four Noble Truths,” which the Buddha discovered when he meditated beneath the tree. These truths are:**

* Life is full of suffering from birth to death.

• People suffer because they desire (try to get) things that do not last, for example, money

and possessions.

• The way to end suffering is to stop desiring things.

• The way to get rid of desire is to follow the “Eightfold Path.”

**According to Buddhism, the “Eightfold Path” means to lead a good life. People who follow this path are freed from suffering and gain happiness. These steps are:**

* Right understanding. It is important to be certain that you understand the teachings of the

Buddha correctly

• Right thought. Think thoughts that are pure and good.

• Right speech. Speak words that are truthful and not harmful.

• Right action. Treat people well, as you would like to be treated.

• Right work. Do not harm others as you earn a living.

• Right effort. Keep trying to become a better person; stop bad habits.

• Right mindfulness. Be mindful (or aware) of what you are doing and what is going on

around you; always think about how you live

• Right meditation. Meditate correctly each day to clear your mind of desires and be able

to find peace and truth