



- ## four noble truths
1. There is suffering
Suffering should be understood
Suffering has been understood
 2. There is the cause of suffering
The cause of suffering should be let go of
The cause of suffering has been let go of
 3. There is the end of suffering
The end of suffering should be realised
The end of suffering has been realised
 4. There is the path to the end of suffering
This path should be cultivated
This path has been realized

- loving-kindness | **M E T T A**
the natural well-wishing for oneself and all beings
and the recognition that all beings wish for happiness
- compassion | **K A R U N A**
the natural wishing that our own and all others' pain,
problems, and suffering will cease, and the recognition
that all beings wish not to suffer or experience misery
- sympathetic joy | **M U D I T A**
the natural appreciation of our own and all others'
successes, good fortunes, abilities, and joys
- equanimity | **U P E K K H A**
the feeling of peace that comes from realizing that all
beings are the true heirs of their karma and that their
well-being depends on their actions, not our wishes