

## **TOPIC: THE FOUR NOBLE TRUTHS**

*The Four Noble Truths represents the quintessence of the Buddha's teachings, the fundamental of Buddhism.*

*The Four Noble Truths provide a thorough explanation of human suffering, as well as a cause of suffering, a method to overcome suffering, and a path that leads to ultimate happiness.*

*As Dalai Lama stated, "If you have not experienced the truth of this teaching personally, it is impossible to practice Buddha dharma." So in order to practice it, one requires learning it in depth. And that's what you are going to sign up by joining this program.*

