**Four Noble Truths – Four Websites**

The four websites, in the table below, have been created with an aspiration to match each website – in a tangential manner only – with one of the Four Noble Truths. The tagline for each website reflects this aspiration.

In reality, the four websites each present the Four Noble Truths and Buddhist teachings in a comprehensive way.

Buddhism communicates its vision of existence through three great images. "Perfect Vision is a vision, first of all, of our actual present state of bondage to conditioned existence as represented by the Wheel of Life. It is also a vision of our potential future state of Enlightenment as represented by the Buddha, or the mandala of Buddhas, or a Pure Land. Finally it is a vision of the path or way leading from the one to the other – a vision, if you like, of the whole future course of evolution" (Sangharakshita, *The Buddha’s Noble Eightfold Path*, revised edition, 2007).

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| **Four Noble Truths – Four Websites** | | | |
| *Four Noble Truths* | *Websites* | *Website "Theme"*  *and Tagline* | *Right View*  *(Understanding)* |
| First Noble Truth:  Existence of suffering [effect]  Task: To understand suffering. | buddhist-spirituality.info | Reality of suffering  *Making sense of life and reality* | ". . . [a vision of] our actual present state of bondage to conditioned existence . . ." |
| Second Noble Truth:  Origin of suffering [cause]  Task: To abandon suffering. | buddhist-spirituality.com | Causes of suffering  *Suffering and Its Causes* | ". . . [a vision of] represented by the Wheel of Life . . ." |
| Third Noble Truth:  Cessation of suffering [effect]  Task: To realize cessation. | buddhist-spirituality.org | End of suffering – awakening and Nibbana  *Awakening and Nibbana* | ". . . a vision of our potential future state of Enlightenment as represented by the Buddha, or the mandala of Buddhas, or a Pure Land . . ." |
| Fourth Noble Truth:  Path to end of suffering [cause]  Task: To develop the path. | buddhist-spirituality.net | Path to follow in order to end suffering  *The Path to Awakening* | ". . . a vision of the path or way leading from the one [suffering] to the other [Nibbana] . . ." |