

# Paragraph



The first Sermon of Buddha represents the basic beliefs of Buddhism. In this sermon Buddha shares four noble truths, that tell us how to end suffering in the life, end the cycle of rebirth and become "the enlightened one". In the words of the Buddha, the third truth reads, "This, O monks, is the sacred truth of the extinction of suffering: the extinction of this thirst by complete annihilation of desire, eating it up, expelling it, separating oneself from it, leaving it no room. In other words, people's desires lead to suffering, and to end the suffering, we need to stop craving things that are not necessary for our living. This is called "The Middle Path", which Buddhists believe is the one that will lead them to enlightenment. Our desires devour our soul, our life, and most of the time we get dissatisfied, because we didn't get what we wanted which leads us to suffering. And to stop it, you simply have to let go of your desires.

I find this advice useful because my experience showed me that what we need is not necessarily what we want; when I was 10, I had a close friend my age. I remember once that her parents refused to buy her a new jacket she saw in the store. She became green with rage, started shouting and whining; something that a little kid would do. Only she wasn't a little kid. She wasn't a 4 or 5 year old kid who doesn't understand that you cannot get everything you want.

I remember she stopped talking to anybody for almost a month, and when she did, she was complaining that her life is hopeless and no one cares about her. Eventually, she became better and forgot about this jacket, but of course, after that she got a new desire. That's why I know that every time you crave things, you get dissatisfied because you might not get them. In

conclusion, Buddhism contains a lot of If we follow them, our life woold become better and easier.