

The Four Noble Truths:

1. There is suffering.
2. There is a cause of suffering.
3. There is an end to suffering.
4. There is a path to follow that ends suffering.

The Four Noble Truths - vis a vis Your Doctor or Naturopath:

1. Identify what's wrong.
 - All existence is Dukkha — Unsatisfactory.
2. Make a Diagnosis.
 - The Cause of Dukkha is Craving.
3. Prescribe the medicine.
 - Eliminate Craving.
4. Follow the Treatment.
 - There is a Path out of Dukkha—Follow It.

This is good news!

We—our thoughts—are both the cause and the solution!

You have the power.

You can live free of anxiety!

Change your thoughts and you will change you world.

~ Buddha