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**Answer to the question no.: 3**

Yes, suffering can be ended by following the Eightfold path. According to Buddhism, suffering is one of the Four Noble Truths. Other ones are the origin of suffering, the end of suffering and the way in which suffering can be ended. Buddhism says that, suffering is the reason of existence. In other words, birth, sickness, death, rebirth - all are the cause of suffering and the reason of our existence as Buddhism says. Here, Buddhism believes in rebirth, which prevails the cycle of suffering. That is where the concept of end of suffering or ‘Nirvana’ comes in, which means to end the cycle of rebirth and thus end all the sufferings. To attain Nirvana, one should follow some way, which is called ‘Marga’. This concept is further expanded into eight ways to end suffering, which combinedly is called the Eightfold Path.

The Eightfold Path contains right understanding, thought, concentration, speech, mindfulness, effort, livelihood and action. Following these, one can attain mental discipline, ethical conduct and wisdom. So, once a person follows the Eightfold Path throughout his/her life, he/she will be able to lead an ideal life with no sin or reason to reincarnate. In this way, the cycle of reincarnation will be broken for that person, which means Nirvana or the end of suffering. Therefore, indeed the Eightfold Path can end suffering and that is why it is the way to end suffering.