

Noble Truth - *Pañcupādānakkhandhā dukkhā* (Ref. 1)

Pañcakkhandha - Five Aggregates

Pañcupādānakkhandha - Cravings for the Aggregates

Five Aggregates are Mental Impressions

Our Thoughts with Cravings Lead to Future Suffering

Dukkha = *Dukha* + *khaya*
= Future suffering that can be stopped

The root causes for future suffering are known (*Paṭicca Samuppāda*)

Thus, "*dukkha*" means future suffering that can be stopped.

That is why most *suttas* refer to "*dukkha*" instead of "*dukha*"

Opposite of "*sukha*" is "*dukha*"

"*Sukha*" means "comfort" especially "bodily comfort"

"*Dukha*" means "suffering" especially "bodily suffering" (Ref. 2)

Somanassa = Mental happiness (mind-made)

Domanassa = Mental anguish/suffering (mind-made)

Paṭicca Samuppāda (PS) - root causes for future suffering

Root causes for future suffering are *avijjā* and *tanhā*

PS starts with "*avijjā paccayā saṅkhāra, saṅkhāra paccayā viññāna*"

PS leads to "*bhava paccayā jāti*" (rebirth)

Each rebirth ends in suffering and death: "*jāti paccayā jarā, maraṇa,...*"

Conclusion 1: First Noble Truth is NOT about suffering in the present life

Conclusion 2: What we perceive as "pleasures" (*Pañcupādānakkhandhā*) LEAD to future suffering