# Dukkha (Suffering):

### **Articles**

Meaning of Dukkha

**Dukkha Explained** 

## **Audio Discourses**

**Dukkha Is More Than Suffering** 

The Importance of Dukkha (Suffering) in Awakening

### Video

**Buddhism's First Noble Truth** 

Exploring the concept of the first noble truth (Dukkha) mentioned in the Buddhist scripture

## Dana:

If you wish to offer Dana to Kristina, please do so by visiting:

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