**No-one is ever really happy or really satisfied.**

**Nothing lasts.**

**Things break or get lost.**

**Even the happiest moments vanish.**

**People suffer because they want to keep things.**

**They crave and grasp things and are never satisfied.**

People become greedy and self-centred.

**Greed and hatred divide nations and cause war.**

**It is possible to understand this, and to do something about it.**

**Such feelings can be recognised and got rid of.**

**There is a cure.**

**The cure is to follow the Noble 8-Fold Path,**

**to find new ways of thinking, speaking and behaving.**

**Don’t go to extremes.**

**Follow the Middle Way.**