The person attaining nirvana must be in a blissful, happy, and content state where nothing whatsoever causes any kind of suffering; physical or mental. Nirvana is a transcendent state of being in which there is neither suffering, desire, nor sense of self, and in which one is released from the effects of karma and the cycle of death and rebirth. The Buddha's teachings on the Four Noble Truths are sometimes compared to a physician diagnosing an illness and prescribing a treatment. The first truth tells us what the illness is, and the second truth tells us what causes the illness. The Third Noble Truth holds out hope for a cure. The Buddha taught that through diligent practice, one can put an end to craving. Enlightenment would ultimately end the hamster-wheel chase after satisfaction.

The Fourth Noble Truth is the **Truth of the Path That Leads to the End of Suffering**

In the Fourth Noble Truth, the Buddha acts as a physician prescribes the treatment for our illness: The Eightfold Path. Unlike in many other religions, in Buddhism there is no particular benefit to merely believing in a doctrine. Instead, the emphasis is on living the doctrine and walking the path. To end suffering, one must adopt the Middle Way by following the Noble Eightfold Path.