

## Four Meanings of *Dukkha*

***Dukkha-dukkha***: The unpleasant, particularly the difficult experiences in life: Birth, sickness, old age, death.

***Viparinama-dukkha***: The discomfort of change.

***Sankhara-dukkha***: No conditioned experience can provide lasting satisfaction.

**The Two Arrows teaching** about what we might call *dukkha* as reactivity, pushing away the unpleasant (and, in the Dependent Origination teaching, also grasping after the pleasant).