

The Dhamma

The **Dhamma** is the teaching of the Buddha—the truth he discovered about life, suffering, and the path to peace. It includes wisdom, moral guidance, and practices that help people live with clarity, compassion, and freedom from suffering.

The Dhamma is not a belief system; it is a **path to be practiced**. It shows how to understand the mind, cultivate kindness, and live in harmony with oneself and others.

In short, the Dhamma is the Buddha's teaching—the path of wisdom, compassion, and freedom from suffering