

Four Noble Truths and the Eightfold Path

The Four Noble Truths

- Suffering arises: sorrow, dissatisfaction, stress, struggle, discontent.
- The causes of suffering are craving, aversion, jealousy, pride, and delusion.
- The end of suffering comes by letting go of the causes.
- The path to the end of suffering is the eightfold path.

The Eightfold Path

Right View: *drsti*: view, understanding, knowing how things are:

- knowing the four noble truths: dissatisfaction exists; its origin is craving; struggle and suffering can end; there is a path leading to the end of suffering
- knowing that no thing or state is permanent, separate, or ultimately satisfying
- knowing the truth of karma: actions evolve into experienced results.

Right Intention: *samkalpa*: thought, aim, resolve, aspiration, intention:

- renouncing the causes of suffering, clinging, ill-will, and harming, etc.

Right Speech: refraining from lying, divisive speech, abusive speech, and idle chatter.

Right Action : *karmanta*: refraining from killing, stealing, sexual misconduct, and other harmful actions.

Right Livelihood: abandoning dishonest livelihood and taking up right livelihood; refraining from trading in weapons, living beings, meat, intoxicants, and poison.

Right Effort: abandoning the unskillful and unwholesome, cultivating the skillful and the wholesome.

Right Mindfulness: *sati*: remembering; awareness and clear comprehension; not clinging to sense-objects, aware, clearly comprehending the four aspects of experience:

- body (physical sensations)
- feeling-tones (like, dislike, indifference)
- mind and mental events (thoughts, emotions, images, memories, impulses)
- *dharmas* (objects, phenomena, the way things work)

Right Attention: *samadhi*: meditation: stable, non-reactive attention:

- cultivating stable clear attention and investigating experience deeply leads to joy, happiness, unification, and unshakeable equanimity, peace, power, and knowing-and-freedom.