

The Buddha's Noble Eightfold Path

*There is nothing more important in Buddhist practice than this -- this is the whole path.
Beginners tend to underestimate it; experts tend to ignore it.
Better to reflect on it, fathom it, take it to heart, and bring it to life. All else will follow.*

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

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

Right Speech

- refraining from lying, divisive speech, abusive speech, idle chatter

Right Action

- refraining from killing, stealing, sexual misconduct

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 Re-membering: *sati: recollecting; mindfulness; awareness and clear comprehension*

- not clinging to sense-objects, aware, clearly comprehending the four aspects of experience:
 - body (sensations),
 - feeling-tones (like, dislike, indifference),
 - mind (thoughts and emotions), and
 - dharmas (objects, phenomena, the way things work)

Right Samadhi: *stable, non-reactive attention*

- cultivating stable clear attention, investigating experience deeply, leading to joy, happiness, unification, and unshakeable equanimity
- right samadhi leads to three results: *peace, power, and knowing-and-freedom*

