

The Buddha's Noble Eightfold Path

Right View: *understanding, knowing how things are*

- four noble truths: *dissatisfaction* exists; its *origin* is craving; struggle and suffering can *end*; there is a *path* leading to the end of suffering
- no thing or state is permanent, separate, or ultimately satisfying
- the truth of karma: our 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 dhammas (objects, phenomena, the way things work)

Right Samadhi: *unified 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*

RIGHT means straight, upright, not bent or crooked. Right is what leads to knowing how things are and to the end of stress, struggle, and suffering.

Readings on the Noble Eight-Fold Path

- Analysis of the Truths (Sacca-vibhanga) Sutta
- Analysis of the Path (Magga-vibhanga) Sutta
- Right View (Samma-ditthi) Sutta, and commentary by Bhikkhu Nanamoli and Bhikkhu Bodhi
- *The Noble Eightfold Path: The Way to the End of Suffering* by Bhikkhu Bodhi
- *The Heart of the Buddha's Teaching* by Thich Nhat Hanh

All but the last are online at AccessToInsight.org

