

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: *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*

RIGHT (Sanskrit *samyak*) 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

