

The Noble Eightfold Path

The Noble Eightfold Path is the Buddhist scheme of moral, and spiritual self-development leading to Enlightenment. It is the fundamental teaching of Lord Buddha, the path to liberation.

- 1) Right view: understanding the Four Noble Truths, and having penetrative insight into reality (emptiness).
- 2) Right thought: having only thoughts which are unselfish, loving, and non-violent.
- 3) Right speech: abstention from lying, slander, harsh or abusive language, and idle chatter.
- 4) Right action: conducting oneself in moral, peaceful, and honourable ways, and keeping the basic precepts.
- 5) Right livelihoods: living honourably in a profession which is in no way harmful to sentient beings, and avoiding such livelihoods as trading in weapons, intoxicants or poisons.
- 6) Right effort: following the four right efforts.
- 7) Right mindfulness: practising the four mindfulnesses.
- 8) Right concentrations: developing one's meditation according to the four dhyanas.