

The Noble Eightfold Path

'Right' translates the Sanskrit *samyac* or Pali *samma*, meaning whole or complete and connoting also perfect, ideal, appropriate and harmonious.

WISDOM

Right understanding

Right view

DISCERNMENT

Understand the path you are on.

See the world as it is.

Understand the Buddha's primary teaching, the Four Noble Truths, of which this Path is a part.

Right aspiration

Right intention

Right thought -

free from malice, cruelty and lust.

Right resolve - being resolved on renunciation, freedom from ill-will, and doing no harm.

VIRTUE

Right speech

MORALITY

Abstain from idle chatter.

BEHAVIOUR IN DAILY LIFE

Your speech should be truthful, helpful and friendly.

ETHICAL CONDUCT

Right action

Consider the results of every action.

Avoid taking life; avoid intoxication, inappropriate sexual relations, theft and lying.

Right livelihood

Harm no-one in your daily work.

Avoid occupations which involve harm to people or other creatures.

MENTAL DISCIPLINE

Right effort

MEDITATION

Persistence in following the path.

CONCENTRATION

Avoid or overcome unwholesome mental states.

Right mindfulness

Intellectual activity.

Awareness of the reality of the moment, both physical surroundings and mental state.

Right meditation

Right concentration

Control over the mind: alertness and equanimity.