

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
DISCERNMENT

Right understanding

Right view

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 thought ~

Right intention

free from malice, cruelty and lust.

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

VIRTUE
MORALITY

Right speech

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

MEDITATION
CONCENTRATION

Right effort

Persistence in following the path.
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.