

THE EIGHTFOLD PATH

WISDOM ASPECTS (*panna*) – give us a way to order our values and overcome ignorance

1. Right View

- o The understanding of the four noble truths – “how things really are”
- o The understanding of *kamma* (how our actions condition the mind)

2. Right Intention

- o Good will, or loving kindness
- o Harmlessness
- o Renunciation (commitment to one’s spiritual path)

MORALITY ASPECTS (*sila*) – remove us from the suffering of self-centeredness

3. Right Speech

- o Abstain from false speech, slanderous and malicious speech, harsh speech, idle chatter
- o Speak only what’s true, timely, and beneficial

4. Right Action

- o Abstain from killing or injuring sentient beings (including yourself)
- o Do not take that which is not freely given
- o Abstain from sexual misconduct
- o Abstain from clouding the mind with intoxicants

5. Right Livelihood

- o Abstain from dealing in weapons and living beings
- o Abstain from any occupation violating principles of right speech and right action

CONCENTRATION ASPECTS (*samadhi*) – give us steadiness and clarity to lead to insight

6. Right Effort

- o Apply wholesome energy
- o Shift attention away from unwholesome states
- o Keep wholesome states firmly in mind

7. Right Mindfulness

- o Bare attention applied to the present moment
- o Keeping wholesome intention (context) in mind

8. Right Concentration

- o Cultivation of one-pointedness, or unification, of mind
- o Intention to raise the mind to a higher, more purified level of awareness
- o Concentration on a wholesome state of mind

