

Noble Eightfold Path

1. Right Knowledge

- Understand the Four Noble Truths
 - a. Life is suffering - dukkha
 - a. Birth trauma
 - b. Illness
 - c. Old age
 - d. Fear of approaching death
 - e. Separation from what one loves
 - f. Stuck with what one hates
 - b. The cause of suffering is desire - tanha
 - c. The cure for suffering is to remove desire
 - d. To remove desire, follow the Eightfold path

2. Right Thinking

- Decide to set a life on the correct path

3. Right Speech

- Don't lie
- Don't criticize others unjustly
- Don't use harsh language
- Don't gossip

4. Right Conduct

- Follow the Five Precepts
 - a. Do not kill
 - b. Do not steal
 - c. Do not lie
 - d. Do not be unchaste

e. Do not take drugs or drink intoxicants

5. Right Livelihood

- Earn a living that does not harm living things

6. Right Effort

- Conquer all evil thoughts
- Strive to maintain good thoughts

7. Right Mindfulness

- Become intensely aware of all the states in body, feeling, and mind.

8. Right Concentration

- Deep meditation to lead to a higher state of consciousness (enlightenment)