

Noble Eight-fold Path

The Eight-Fold Path is a major Buddhist teaching on how to live. The path leads followers into overcoming suffering and finding truth and wisdom. The Dharma wheel (right) is often used to present the noble eightfold path and it is also the symbol used for Buddhism. Each point of the wheel represents a part of the path. The 8 points are;

- 1. Right Speech** - Be truthful, take care over the words you use.
- 2. Right Views** - Be positive. Concentrate on the good in yourself and others.
- 3. Right Thoughts** - Care for others; be compassionate and understanding.
- 4. Right Action** - Affirm life. Avoid causing injury to others and taking what is not freely given.
- 5. Right Livelihood** - Choose a way of making a living that is honest; that helps, not harms.
- 6. Right Effort** - Give focus to your life by following the Eightfold Path.
- 7. Right Mindfulness** - Be aware. Consider carefully all your thoughts and actions.
- 8. Right Concentration** - Practice maintaining a meditative state of mind and bringing it to all you do.

Dharma Wheel

