

The Eight-fold Noble Path		
pañña - wisdom/ discernment	right view	<p>mundane right view: ownership of action</p> <ul style="list-style-type: none"> * "Beings are the owners of their actions, the heirs of their actions.... Whatever deeds they do, good or bad, of those they shall be heirs." * unwholesome actions ripen in suffering, wholesome actions in happiness <p>What view do we hold? Where do we want to go?</p>
		<p>noble right view - four noble truths</p> <ul style="list-style-type: none"> • understanding of suffering (<i>dukkha</i>), • understanding of the origin of suffering, • understanding of the cessation of suffering, • understanding of the way leading to the cessation to suffering <p>Can we see our lives in the framework of the 4 noble truths?</p>
	right intention	<p>three kinds of intention:</p> <ul style="list-style-type: none"> ◆ the intention of letting go vs. intention governed by desire ◆ the intention of good will vs. intention governed by ill-will ◆ the intention of harmlessness vs. intention governed by harmfulness. <p>Thought is the forerunner of action, directing body and speech. When wrong views prevail, the outcome is wrong intention giving rise to unwholesome actions.</p> <p>Can we notice our intentions and choose appropriate actions?</p>
sila - virtue/ ethical behavior	right speech	<ol style="list-style-type: none"> 1. Abstaining from false speech 2. Abstaining from slanderous speech 3. Abstaining from harsh speech 4. Abstaining from idle chatter <p>Can we be aware of our speech? Is it kind, truthful, and timely?</p>
	right action	<ol style="list-style-type: none"> 1. Abstaining from the taking of life 2. Abstaining from taking what is not given 3. Abstaining from sexual misconduct <p>How can we act wisely?</p>
	right livelihood	<p>wealth/livelihood should be gained by:</p> <ul style="list-style-type: none"> • legal means, not illegally; • peacefully, without coercion or violence • honestly, not by trickery or deceit • ways which do not entail harm and suffering for others. <p>Can we live and make a living ethically?</p>
samadhi - concentration/ meditation	right effort	<ol style="list-style-type: none"> 1. to prevent the arising of unarisen unwholesome states; 2. to abandon unwholesome states that have already arisen; 3. to arouse wholesome states that have not yet arisen; 4. to maintain and perfect wholesome states already arisen.
	right mindfulness	<p>cultivated through a practice called "the four foundations of mindfulness" , the mindful contemplation of four objective spheres: the body, feelings, states of mind, and phenomena.</p>
	right concentration	<p>The mind untrained in concentration moves in a scattered manner. Such a distracted mind is also a deluded mind, a constant prey to the defilements. The mind that has been trained in concentration can remain focused on its object without distraction.</p>

Reference: *The Noble Eightfold Path: The Way to the End of Suffering* by Bhikkhu Bodhi

<http://www.accesstoinsight.org/lib/authors/bodhi/waytoend.html>