

Noble Eightfold Path

1. Right View: Sammā Ditṭhi

The knowledge of suffering; the origin of suffering, craving; the cessation of suffering; & the way leading to the cessation of suffering

2. Right Intention: Sammā Saṅkappo

The intention of renunciation, non-ill will, & of non-harming

3. Right Speech: Sammā Vācā

Refraining from false speech, divisive speech, harsh speech, & idle chatter

4. Right Action: Sammā Kammanto

Refraining from killing living beings, stealing, & sexual misconduct

5. Right Livelihood: Sammā Ājīvo

Earning a living by right livelihood

6. Right Effort: Sammā Vāyāmo

Effort to prevent and remove unwholesome states & develop and perfect wholesome states

7. Right Mindfulness: Sammā Sati

Mindfulness of the body, feelings, mind, & mind-objects

8. Right Concentration: Sammā Samādhi

Deep states of calm and concentration where the mind becomes more and more still and subtle