

THE FOUR NOBLE TRUTHS & THE NOBLE EIGHTFOLD PATH



The Four Noble Truths

Suffering
The cause of suffering
The end suffering
The path leading to the end of suffering

- ❁ **THE TRUTH OF SUFFERING:** Unsatisfactory nature (examples: bodily or mental pain, old age, death, limits of happiness, change, and not getting what we want).
- ❁ **THE TRUTH OF THE CAUSE OF SUFFERING:** The root causes are: craving that happens due to ignorance.
- ❁ **THE TRUTH OF THE END SUFFERING:** Ending ignorance and craving: seeing the true nature of things.
- ❁ **THE PATH LEADING TO THE END OF SUFFERING:** The Noble Eightfold Path.

The Noble Eightfold Path

RIGHT VIEW
RIGHT INTENTION
RIGHT SPEECH
RIGHT ACTION
RIGHT LIVELIHOOD
RIGHT EFFORT
RIGHT MINDFULNESS
RIGHT CONCENTRATION

The eight factors of the Noble Eightfold Path are not steps but components that enhance, support and mutually reinforce each other to flourish and grow.

Factors of the Noble Eightfold Path involve **three trainings**. These are:
Ethical conduct, focusing the mind and developing wisdom.

RIGHT VIEW

Mundane Right View: Knowing what is right and wrong as a belief: high status within the round of rebirths (does not lead to enlightenment).

Superior Right View: The beginning and culmination of the way to the end of suffering: understanding the Four Noble Truths (ultimately leads to enlightenment).

RIGHT INTENTION

Views shape intentions (thought is the forerunner of action). While the Buddha was striving for liberation, meditating in the forest, he found that intentions could be grouped into two different categories:

- ❖ Intentions based on desire, ill will and harmfulness that lead to harm for oneself and others, obstructing wisdom.
- ❖ Intentions based on letting go, good will, and harmlessness that lead to beneficial outcomes and conducive to the growth of wisdom.

RIGHT SPEECH

Avoiding False Speech: Devoted to truth and not a deceiver of people.

Avoiding Slandorous Speech: Avoiding words intended to create hatred and division.

Avoiding Harsh Speech: Avoiding words that offend or hurt others (scolding, insulting, irony, etc.).

Avoiding Idle Chatter: Avoiding words that stir up the defilements in one's own mind and in others.

RIGHT ACTION

Some examples:

- ❖ Abstaining from taking life.
- ❖ Avoiding harming or torturing another being.
- ❖ Avoid taking what is not given (stealing, cheating).
- ❖ Helping someone who is in need.

RIGHT LIVELIHOOD

Earning a living honestly, without harming others (avoiding trickery, deceit, violence, etc.).

RIGHT EFFORT

1. Prevent the arising of *unwholesome* states.
2. Abandon *unwholesome* states that have arisen.
3. Arouse *wholesome* states that have not arisen.
4. Maintain and perfect *wholesome* states already arisen.

RIGHT MINDFULNESS

Mindfulness is presence of mind, attentiveness or awareness: a detached observation of what is happening within us and around us in the present moment.

RIGHT CONCENTRATION

Centering of the mind and mental factors rightly and evenly on an object (Samādhi): collects together the ordinarily scattered stream of mental states to induce an inner unification.



Practicing the Noble Eightfold Path gradually gets rid of ignorance and cultivates wisdom, enabling one to “see things as they are.” This marks the end of suffering.