

NOBLE EIGHTFOLD PATH



The Noble Eightfold Path is the last of the Four Noble Truths, the central teachings of Buddhism. It is called noble (ariya) because it ennobles one who practices it; and it is called a path (maggā) because it leads from one place to another, from the distress of saṁsāra to the freedom of nirvāna. The Noble Eightfold Path is also sometimes called the 'Middle Way' because it advocates a lifestyle that avoids both self-mortification and hedonism. The steps on the Eightfold Path are; **1)**



- 1) Right Understanding,**
- 2) Right Thought,**

- 3) Right Speech,**
- 4) Right Action,**
- 5) Right Livelihood,**
- 6) Right Effort,**
- 7) Right Mindfulness,**
- 8) Right Concentration.**