

An Outline of the Noble Eightfold Path

By Peter B. Williams

- Wise view

- Knowing the 4 noble truths

The truth of suffering

The truth of the cause of suffering

The truth of the end of suffering

The truth of the cause of the end of suffering, the (Eightfold path)

- Understanding karma
- Understanding interdependence

- Wise intention

- Intention for renunciation
- Intention for non ill-will (love)
- Intention for harmlessness

- Wise speech

- Refrain from false speech
- Refrain from divisive speech
- Refrain from harsh speech
- Refrain from gossip or idle chatter

- Wise action

- Refrain from taking life
- Refrain from taking what is not given
- Refrain from harming with sexuality

- Wise livelihood

- Avoid occupations that cause harm, such as weapons making, gambling, dealing drugs, and so on.

- Wise effort = the four wise efforts

- Prevent unarisen unwholesome states
- Abandon arisen unwholesome states
- Cultivate unarisen wholesome states
- Prolong arisen wholesome states

- Wise mindfulness = Four foundations of mindfulness:
 - Body:
 - Breath
 - Four postures
 - Bodily movements/ activities
 - Thirty-two parts of the body (focus on unattractive features to cool desire, not to promote aversion)
 - Four elements – earth, air, water, fire
 - Nine stages of corpse in decay
 - Feeling tone, or flavors of experience:
 - Pleasant
 - Unpleasant
 - Neutral
 - Mind: Mental states such as emotions, thoughts, and images. The key is to gain insight into their impermanent and impersonal natures.
 - Dhammas or mind objects: The structure of reality as taught by the Buddha.
 - Five hindrances
 - Five aggregates
 - Six sense spheres
 - Seven factors of enlightenment
 - Four noble truths
- Wise concentration = four jhanas or meditative absorptions

Sources

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