

Noble Eightfold Path

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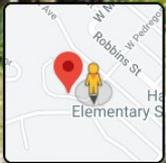
Early Buddhism

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Santa Barbara, California

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Normal driver in Saṃsāra



Noble Truth of Suffering

- Dukkha (suffering, incapable of satisfying, painful) is an innate characteristic of existence in the realm of saṃsāra.
- Samudaya (origin, arising) of this dukkha, which arises or "comes together" with taṇhā ("craving, desire or attachment").
kāmataṇhā, bhavataṇhā, vibhavataṇhā

- Nirodha (cessation, ending) of this dukkha can be attained by the renouncement or letting go of this taṇhā.
- Magga (path, N8P) is the path leading to renouncement of taṇhā and cessation of dukkha

Four noble truths and N8P

“Sir, sometimes wanderers who follow other paths ask us:

‘Reverends, what’s the purpose of living the spiritual life with the ascetic Gotama?’

We answer them like this:

‘The purpose of living the spiritual life under the Buddha is to completely understand suffering.’

If wanderers who follow other paths
were to ask you:

‘Is there a path and a practice for
completely understanding that
suffering?’

You should answer them like this:

‘There is.’

And what is that path?

It is simply this N8P

(SN 45.5)

N8P is a lived experience.

Without the path Dhamma would be
just an empty shell.

The Middle Way

Majjhimā Paṭipadā

Avoids two extremes:

- Indulgence in worldly pleasures
 - Indulgence in self-torment

And what is that middle way?

Meaning of N8P

- Path = *magga*
- Eightfold = *aṭṭhaṅgika*
- Noble = *ariya*

Descriptions of N8P

The spiritual life (*brahmacariya*) is simply the noble eightfold path. (SN 45.6)

The noble eightfold path is said to be the best of all conditioned things.

Those who have confidence in the noble eightfold path have confidence in the best. Having confidence in the best, the result is the best. (AN 4.34)

Factors of N8P

- Right View, *sammādiṭṭhi*
- Right Intention, *sammāsaṅkappo*
- Right Speech, *sammāvācā*
- Right Action, *sammākammanto*
- Right Livelihood, *sammāājīvo*
- Right Effort, *sammāvāyāmo*
- Right Mindfulness, *sammāsati*
- Right Stillness, *sammāsamādhi*