Noble Eightfold Path

In

Early Buddhism

The purpose of morality

There are these five benefits for an ethical person because of their accomplishment in ethics. What five?

(1) An ethical person gains substantial wealth on account of diligence.

(2) An ethical person gets a good reputation.

The purpose of morality

Third, an ethical person enters any kind of assembly bold and self-assured, whether it's an assembly of aristocrats, brahmins, householders, or ascetics.

Fourth, an ethical person dies not feeling lost.

Fifth, when an ethical person's body breaks up, after death, they're reborn in a good place, a heavenly realm. (DN 16)

The purpose of morality

"When your ethics are well purified and your view is correct, you should develop the four kinds of mindfulness meditation (*satipaṭṭhāna*) in three ways, depending on and grounded on ethics. (SN 47.3)

The purpose of morality

“Such is ethics, such is stillness such is wisdom. When stillness is imbued with ethics it’s very fruitful and beneficial. When wisdom is imbued with stillness it’s very fruitful and beneficial. When the mind is imbued with wisdom it is rightly freed from the defilements, namely, the defilements of sensuality, desire to be reborn, and ignorance.” (DN 16)

Streams (AN 8.39)

Bhikkhus, there are these eight streams of merit, streams of the wholesome, **nutriments of happiness**—heavenly, ripening in happiness, conducive to heaven—that **lead to what is wished for, desired, and agreeable, to one's welfare and happiness**.

What eight?

1-3) A noble disciple has gone for refuge to the **Buddha**, the **Dhamma** and the **Sangha**.

There are, bhikkhus, these five **gifts**, great gifts, primal, of long standing, traditional, ancient, unadulterated and never before adulterated, which are not being adulterated and will not be adulterated, not repudiated by wise ascetics and brahmins.

What five?

1) Here, a noble disciple, having abandoned the destruction of life, **abstains from the destruction of life**. By abstaining from the destruction of life, the noble disciple gives to an immeasurable number of beings **freedom from fear, enmity, and affliction**. He himself in turn enjoys immeasurable freedom from fear, enmity, and affliction.

2-5) Again, a noble disciple, having abandoned the taking of what is not given, **abstains from taking what is not given** … **abstains from sexual misconduct** … **abstains from false speech** … **abstains from liquor, wine, and intoxicants, the basis for heedlessness**.

By abstaining from liquor, wine, and intoxicants, the basis for heedlessness, the noble disciple gives to an immeasurable number of beings **freedom from fear, enmity, and affliction**. He himself in turn enjoys immeasurable freedom from fear, enmity, and affliction.

Streams (AN 8.39)

A Simile With Water (AN 7.15)

“The Seven Shipwrecked Sailors”

Mendicants, these seven people found in the world are like those in water.

What seven?

1) One person sinks under once and stays under.
2) One person rises up then sinks under.
3) One person rises up then stays put.
4) One person rises up then sees and discerns.
5) One person rises up then crosses over.
6) One person rises up then finds a footing.
7) One person has risen up, crossed over, and gone beyond, and that brahmin stands on the shore.

1) And what kind of person sinks under once and stays under? It's the kind of person who has exclusively dark, unskillful qualities. This kind of person sinks under once and stays under.

2) And what kind of person rises up then sinks under? It's the kind of person who, rising up, thinks: '**It's good to have faith, conscience, prudence, energy, and wisdom regarding skillful qualities.**' However their faith, conscience, prudence, energy, and wisdom don't last or grow, but dwindle away. This kind of person rises up then sinks under.

3) And what kind of person rises up then stays put? It's the kind of person who, rising up, thinks: 'It's good to have faith, conscience, prudence, energy, and wisdom regarding skilful qualities.' And their faith, conscience, prudence, energy, and wisdom lasts, neither dwindling nor growing. This kind of person rises up then stays put.

4) And what kind of person rises up then sees and discerns ? It’s the kind of person who, rising up, thinks: ‘It’s good to have faith, conscience, prudence, energy, and wisdom regarding skilful qualities.’ With the ending of three fetters they’re a stream-enterer, not liable to be reborn in the underworld, bound for awakening. This kind of person rises up then sees (*vipassati*) and discerns (*viloketi*).

A Simile With Water (AN 7.15)

If there is time...

Dark (AN 2.7)

These two things, mendicants, are dark.
Dveme, bhikkhave, dhammā kaṇhā.

What two?
Katame dve?

Lack of conscience and prudence.
Ahirikañca anottappañca.

These are the two things that are dark.
Ime kho, bhikkhave, dve dhammā kaṇhā ti.

Bright (AN 2.8)

These two things, mendicants, are bright.
Dveme, bhikkhave, dhammā sukkā.

What two?
Katame dve?

Conscience and prudence.
Hirica ottappañca.

These are the two things that are bright.
Ime kho, bhikkhave, dve dhammā sukkā ti.

Conduct (AN 2.9)

These two bright things, mendicants, protect the world.

Dveme, bhikkhave, dhammā sukkā lokaṃ pālenti.

What two?

Katame dve?

Conscience and prudence.

Hirī ca ottappañca.

Hiri

Ottappa

Hiri – Your Personal Moral Compass

Hiri is our personal sense of ethical integrity, our moral compass, our intuitive understanding of what is right and wrong, what's appropriate and what isn't. *Hiri*, can be thought of as conscience or self-respect.

"No, that is just not right. I will not do it (or say it or think it)."

Ottappa – Communal Consequences

Ottappa is the elemental force of caring for others and respecting their concerns. *Ottappa* becomes active when we are tempted to do something that is against the laws of propriety, is outside the social norm, or would be condemned by the people we respect.

“I care about the opinion of the group and would not have my friends be ashamed of my actions (or my words or even my thoughts).”

Virtue – Your Inner Compass

Meditation & Wisdom – Glasses & Map