

Noble Eightfold Path

In

Early Buddhism

Avoiding sexual activity/misconduct

“They give up sexual activity. They are celibate, set apart, avoiding the common practice of sex.” (MN 27)

“They don’t have sexual relations with women who have their mother, father, brother, sister, or relatives as guardian. They don’t have sexual relations with a woman who is protected by religion or the law, who is married or engaged.” (MN 41)

Sexuality, its limitations and its absence

Life is a sexually transmitted terminal disease.

Sexuality has its place in this world, no doubt. We would all not be here today without it. However, it is not just "R-Rated" or "X-Rated", but very often rather over-rated.

In this day an age we are often bombarded with media and messages that sadly manipulate and drive us. Sexualisation degrades beautiful human beings into objects, who have to be pretty or strong to be of worth.

Can we drop the sexual energy (even if just temporarily)? How do we relate to others and ourselves without it? How does that feel?

No pressure, no expectations.

Innocent, open, free and at ease.

Full of respect, love, friendship and trust.

Can you remember how it was as a child before hormones, biology, peer pressure and cultural expectations kicked in?

With Bhāradvāja (MN 139)

Please, monks, think of women your mother's age as your mother. Think of women your sister's age as your sister. And think of women your daughter's age as your daughter.

Seeing the human being shining through:
the vulnerability, the feelings, the wishes and concerns, the beauty, the virtues and the struggles.

And meeting the whole being with compassionate care and loving them to bits unconditionally.

The Analysis of Non-Conflict (MN 139)

Don't indulge in worldly pleasures, which are low, crude, ordinary, ignoble, and pointless. And don't indulge in self-mortification, which is painful, ignoble, and pointless.

Pleasure linked to the five senses is low, crude, ordinary, ignoble, and pointless. Indulging in such happiness is beset by pain, harm, stress, and fever (conflict), and it is the wrong way.

Breaking off such indulgence is free of pain, harm, stress, and fever (conflict), and it is the right way.

Indulging in self-mortification is painful, ignoble, and pointless. It is beset by pain, harm, stress, and fever (conflict), and it is the wrong way.

Breaking off such indulgence is free of pain, harm, stress, and fever (conflict), and it is the right way.

Avoiding these two extremes, the Realized One woke up by understanding the middle way of practice, which gives vision and knowledge, and leads to peace, direct knowledge, awakening, and extinguishment.

That's what I said, but why did I say it?

It is simply this noble eightfold path, that is:

right view, right thought, right speech, right action, right livelihood, right effort, right mindfulness, and right stillness.

Avoiding these two extremes, the Realized One woke up by understanding the middle way of practice, which gives vision and knowledge, and leads to peace, direct knowledge, awakening, and extinguishment.

(MN 139)

Factors of N8P

- (1) Right View, *sammādiṭṭhi*
- (2) Right Intention, *sammāsaṅkappo*
- (3) Right Speech, *sammāvācā*
- (4) Right Action, *sammākammanto*
- (5) Right Livelihood, *sammāājīvo***
- (6) Right Effort, *sammāvāyāmo*
- (7) Right Mindfulness, *sammāsati*
- (8) Right Stillness, *sammāsamādhi*

Right livelihood (SN 45.8)

“And what is right livelihood?

Here a noble disciple, having abandoned a wrong mode of livelihood, earns his living by a right livelihood.”

Right livelihood (AN 5.177)

Right livelihood for lay people:

“A lay follower should not engage in these five trades:

- Weapons
- Living creatures
- Meat
- Intoxicants
- Poisons

The Great Forty (MN 117)

And what is wrong livelihood?

Deceit, flattery, hinting, and belittling, and using material possessions to pursue other material possessions.

This is wrong livelihood.

Corruptions (AN 4.50)

Mendicants, these four corruptions obscure the sun and moon, so they don't shine and glow and radiate.

What four?

1) Clouds 2) fog 3) smoke 4) an eclipse

These are four corruptions that obscure the sun and moon, so they don't shine and glow and radiate.

In the same way, these four things corrupt ascetics and brahmins, so they don't shine and glow and radiate.

What four?

1) There are some ascetics and brahmins who drink liquor, not avoiding drinking liquor.

2) There are some ascetics and brahmins who have sex, not avoiding sex.

3) There are some ascetics and brahmins who accept gold and money, not avoiding receiving gold and money.

4) There are some ascetics and brahmins who make a living the wrong way, not avoiding wrong livelihood.

(AN 4.50)

Right/wrong livelihood (DN 1)

Wrong livelihood for monastics:

- Fortune telling, making predictions
- Astrology, geomancy
- Arranging marriage or divorce
- Casting spells
- Invoking the gods
- Acting as a doctor
- Doing errands or taking messages

Right/wrong livelihood (SN 22.80)

“Monks, this is the lowest form of livelihood, that is, gathering alms. In the world this is a term of abuse: ‘You alms-gatherer; you roam about with a begging bowl in hand!’”

Right/wrong livelihood (MN 27)

Right livelihood for monastics:

“They’re content with robes to look after the body and alms-food to look after the belly.

Wherever they go, they set out taking only these things.

They’re like a bird: wherever it flies, wings are its only burden.”



Avoiding alcohol

Not prominent, except
in 5 and 8 precepts

“Drinking alcohol, which
causes negligence”

“There is no satiation in
indulging in alcohol.”
(AN 3.108)

**The purpose / aim of
walking on the N8P is?**

Purification of the Mind
Purification of the Mind



Would you let a burglar into your house?
What if he/she would just steal a little bit?

Advice to Sigāḷaka (DN 31)

Six Drawbacks of Drinking

There are these six drawbacks of habitually drinking alcohol.

- 1) Immediate loss of wealth,
- 2) promotion of quarrels,
- 3) susceptibility to illness,
- 4) disrepute,
- 5) indecent exposure; and
- 6) weakened wisdom is the sixth thing.

The Consequences

“You loose trust.”

“You let your family and friends down.”

“Manipulation. Isolation.”

“You don't know what happened (last night or with your life).”

“Drinking and driving is unfortunately very common. When you are drunk you don't think of the consequences.”

Vegetarianism

Is eating meat bad
kamma?

Is being a vegetarian
good *kamma*?

Eating meat for health >
no or little *kamma*

Water blessings

Are they appropriate?

Wrong livelihood:
“rites involving rinsing
and bathing” (DN 1)

Do they work?