

# THE EIGHTFOLD PATH Of Buddhism

For the Buddhist, these teachings help people to understand the oneness of all life. To lead us in the right direction, the Buddha left the Eightfold Path:

- 1. Right Views: To keep ourselves free of prejudice and superstition, and to see the true nature of life.**
- 2. Right Thoughts (Resolve) : To turn our minds away from the violence and hatred in this world.**
- 3. Right Speech: To refrain from harmful talk and to use our words wisely.**
- 4. Right Conduct: To see that our deeds come from peace and goodwill. To grow every day in the Buddha's Teachings.**
- 5. Right Livelihood: To try to earn our living in such a way that we avoid bad karma.**
- 6. Right Effort (Energy): To use our energies to promote the overcoming ignorance and destructive desires.**
- 7. Right Mindfulness: To cherish a good mind, for all that we think and have their roots in the mind.**
- 8. Right Meditation: To study the Teachings of the Buddha and to practice them to the best of our abilities.**