

Date :08.09.2022

# The Noble Eightfold Path in Buddhism

CC-I

Semester -I

Pranab Kirtunia

Department of Philosophy

Bejoy Narayan Mahavidyalaya

Itachuna, Hooghly

West Bengal

712147

# Nibbana

Nibbana is achieved by one who has eradicated all aspects of greed, hatred and delusion by following The Noble Eightfold Path

# The Noble Eightfold Path

1. **Right Speech**
2. **Right Action**
3. **Right Livelihood**
4. **Right Effort**
5. **Right Mindfulness**
6. **Right Concentration**
7. **Right Understanding**
8. **Right Thought**

# The Threefold Training

Right Speech	<b>Morality</b> - <b>Sila</b>
Right Action	
Right Livelihood	
Right Effort	<b>Mental Development</b> - <b>Samadhi</b>
Right Mindfulness	
Right Concentration	
Right Understanding	<b>Wisdom</b> - <b>Panna</b>
Right Thought	

# The Noble Eightfold Path

1. **Right Speech** - To refrain from lying, slander, harsh words and gossip.
2. **Right Action** - To abstain from killing, stealing and sexual misconduct.

# The Noble Eightfold Path

3. **Right Livelihood** - To avoid occupations involving killing.

# The Noble Eightfold Path

4. **Right Effort** - To apply mental discipline to prevent unwholesome.

# The Noble Eightfold Path

5. **Right Mindfulness** - To be aware of the body, and the mind and its thoughts, emotions and feelings.
6. **Right Concentration** - To practice meditation to train the mind to be focused and disciplined in order to cultivate and acquire wisdom.



# The Noble Eightfold Path

7. **Right Understanding** - To understand and accept the Four Noble Truths.
8. **Right Thought** - To cultivate thoughts of loving-kindness and compassion.

# Thanks

