The "Noble Eightfold Path" of Buddhism

Some term translations differ from those in your main book. Differences are noted in parentheses ( ). Your teacher finds these, not your book's, versions superior where there are differences.

1. Right understanding (Smith: views)- seeing things as they truly are
2. Right thought (Smith: intent)- keeping a mental perspective "as vast as space"
3. Right speech - avoiding words creating disharmony or enmity: harsh speech, lies, backbiting, slander, idle gossip
4. Right action (Smith: conduct) - Precepts: no killing, stealing, lying, intoxicants, or sexual misconduct
5. Right livelihood - keeping a wholesome, spiritually healthy vocation
6. Right effort - having wise compassion as one's only and strong motivation
7. Right mindfulness - diligent watching of awareness
8. Right concentration - developing a calm, serene mind

The eightfold path is also frequently conceptualized in terms of three interrelated elements:

1. Ethical conduct (shila) - includes right speech, action, and livelihood from above - act following motivation for compassion
2. Mental discipline (samadhi) - includes right effort, mindfulness, and concentration from above - experience of infinite compassion (karuna) and infinite wisdom (panya)
3. Wisdom (panya) - includes right understanding and thought from above - experience no-self (anatta) and the interrelatedness of everything (paticha-samutpada)