

An Outline of the Noble Eightfold Path

By Peter B. Williams

- Wise view
 - Knowing the 4 noble truths
 - The truth of *dukkha* (unreliability, unsatisfactoriness, suffering)
 - The truth of the cause of *dukkha*
 - The truth of the end of *dukkha*
 - The truth of the cause of the end of *dukkha*, the (Eightfold Path)
 - Understanding karma
 - Understanding interdependence
- Wise intention
 - Intention for renunciation
 - Intention for non ill-will (love)
 - Intention for harmlessness
- Wise speech
 - Refrain from false speech
 - Refrain from divisive speech
 - Refrain from harsh speech
 - Refrain from gossip or idle chatter
- Wise action
 - Refrain from taking life
 - Refrain from taking what is not given
 - Refrain from harming with sexuality
- Wise livelihood
 - Avoid occupations that cause harm, such as weapons making, gambling, dealing drugs, and so on.
- Wise effort = the four wise efforts
 - Prevent unarisen unwholesome states
 - Abandon arisen unwholesome states
 - Cultivate unarisen wholesome states
 - Prolong arisen wholesome states

- Wise mindfulness = Four foundations of mindfulness:
 - Body:
 - Breath
 - Four postures
 - Bodily movements/activities
 - Thirty-two parts of the body (focus on unattractive features to cool desire, not to promote aversion)
 - Four elements – earth, air, water, fire
 - Nine stages of corpse in decay
 - Feeling tone, or flavors of experience:
 - Pleasant
 - Unpleasant
 - Neutral
 - Mind: Mental states such as emotions, thoughts, and images. The key is to gain insight into their impermanent and impersonal natures.
 - Dhammas or mind objects: The structure of reality as taught by the Buddha.
 - Five hindrances
 - Five aggregates
 - Six sense spheres
 - Seven factors of enlightenment
 - Four noble truths
- Wise concentration = four *jhanas* or meditative absorptions

Sources

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