

Lesson 4: How do Buddhists try to end suffering?

The Eightfold Path

The **Eightfold Path** is a way of living which Buddha taught to his followers. He argues that it is the “cure” to suffering and that, by following it, Buddhists can hope to reduce and then end suffering for themselves and people around them.

It is divided into three categories

Buddhists should try and be wise and thoughtful in their lives (**wisdom**).

Buddhists should try to do the right thing (**morality**).

Buddhists should concentrate on the world around them and their own actions (**concentration**).

The Eightfold Path	
Wisdom	
Right Understanding Buddhists try to have a clear view of the world which is not obstructed – they seek to see things as they really are.	Right Intent It is really important to Buddhists to do things for the right reasons. Having the right intent means acting without selfishness and hatred.
Morality	
Right Speech Put simply Buddhists try to speak in a way that doesn't hurt others. Unkind words, swearing, lies and gossip should be avoided.	Right Action The Buddha taught that acting in a way that avoids harm is really important. People should avoid killing, stealing and any other action that harms people.
Right Livelihood Livelihood means the job you do. Buddhists try to work in fields which don't cause harm or encourage dishonesty.	
Concentration	
Right Effort Buddhists try to be aware and in control of what is happening in their mind. They want to limit and dispose of harmful thoughts and focus on the positive.	Right Mindfulness Mindfulness is about being conscious and aware of your surroundings. Buddhists try to be present in the moment and conscious of others.
Right Concentration Buddhists must practice meditation in order to calm the mind and understand reality. We will look at this in detail next lesson.	



Choose one element of the path from each of the three categories and complete the section below.

Wisdom

Right _____

Describe in your own words what is meant by this part of the Eightfold Path

Why might it be hard for a Buddhist to stick to this?

Morality

Right _____

Describe in your own words what is meant by this part of the Eightfold Path

Why might it be hard for a Buddhist to stick to this?

Concentration

Right _____

Describe in your own words what is meant by this part of the Eightfold Path

Why might it be hard for a Buddhist to stick to this?
