

# THE NOBLE EIGHTFOLD PATH

## The Eight Steps

Following the Noble Eightfold path leads to a life free of suffering. It outlines the steps needed to live a virtuous life, encourage concentration, and develop wisdom. It ultimately guides an individual to grow with compassion and wisdom.

The Path is made of eight steps aimed at developing the 3 ways of life, which are **behaviour, mind and knowledge**.

GOOD CONDUCT	1	Right Understanding	To understand the action of Karma in the nature of Cause and Effect. Kind thoughts, kind words and kind actions lead to positive Karma.
	2	Right Attitude	Maintain your thoughts to generosity and harmony.
	3	Right Speech	Speak kindly, sincerely, thoughtfully, honestly with non-harmful communication.
MENTAL DEVELOPMENT	4	Right Action	Respect all living creatures and beings. Avoid stealing and be loyal inside of marriage.
	5	Right Livelihood	Choose noble occupations that bring harmony to oneself and others.
	6	Right Effort	Sincerely do one's best in-order to become a better person.
WISDOM	7	Right Mindfulness	Always be aware of what we think, say and do to become a better person.
	8	Right Concentration	Keep the mind steady and calm in order to clearly see the true nature of things. A positive mental practice can make us become more understanding and a happier person.