

Appendix 1

The Four Noble Truths

1. Suffering Exists
2. The root of suffering is desire (grasping)
3. To release suffering, release desire.
4. Follow the Eight-Fold Path

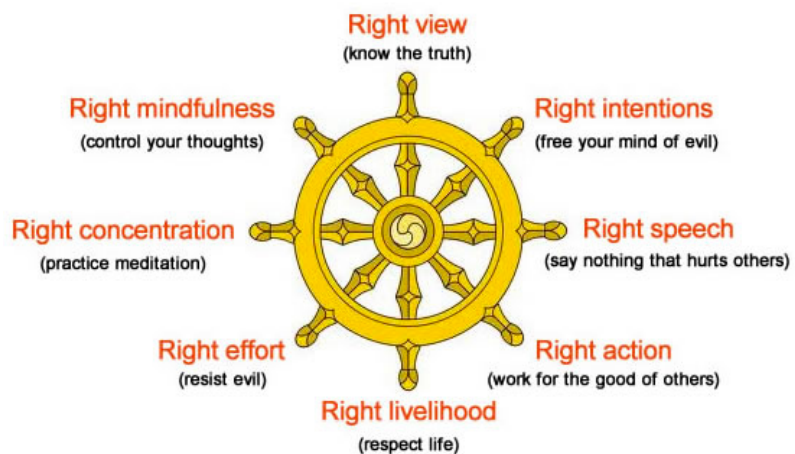
Appendix 2

The Eight-Fold Path or Eight-Fold Noble Path

Delivered in what is thought to have been his first sermon or teaching after attaining enlightenment by Siddhartha Gautama known as the Buddha. These are the middle way or the pathway between the extremes of spiritual study, aestheticism and overt or indulgent sensual life. It is suggested that these are the qualities of the enlightened mind or one who has attained Nirvana, which is the aspiration of Buddhism.

In brief the elements of the path are:

1. **Correct view**, an accurate understanding of the nature of things, specifically the Four Noble Truths,
2. **Correct intention**, avoiding thoughts of attachment, hatred, and harmful intent,
3. **Correct speech**, refraining from verbal misdeeds such as lying, divisive speech, harsh speech, and senseless speech,
4. **Correct action**, refraining from physical misdeeds such as killing, stealing, and sexual misconduct,
5. **Correct livelihood**, avoiding trades that directly or indirectly harm others, such as selling slaves, weapons, animals for slaughter, intoxicants, or poisons,
6. **Correct effort**, abandoning negative states of mind that have already arisen, preventing negative states that have yet to arise, and sustaining positive states that have already arisen,
7. **Correct mindfulness**, awareness of body, feelings, thought, and phenomena (the constituents of the existing world), and
8. **Correct concentration**, single-mindedness.



Appendix 3

Taken from the BBN community website

The Eight-Fold Path

