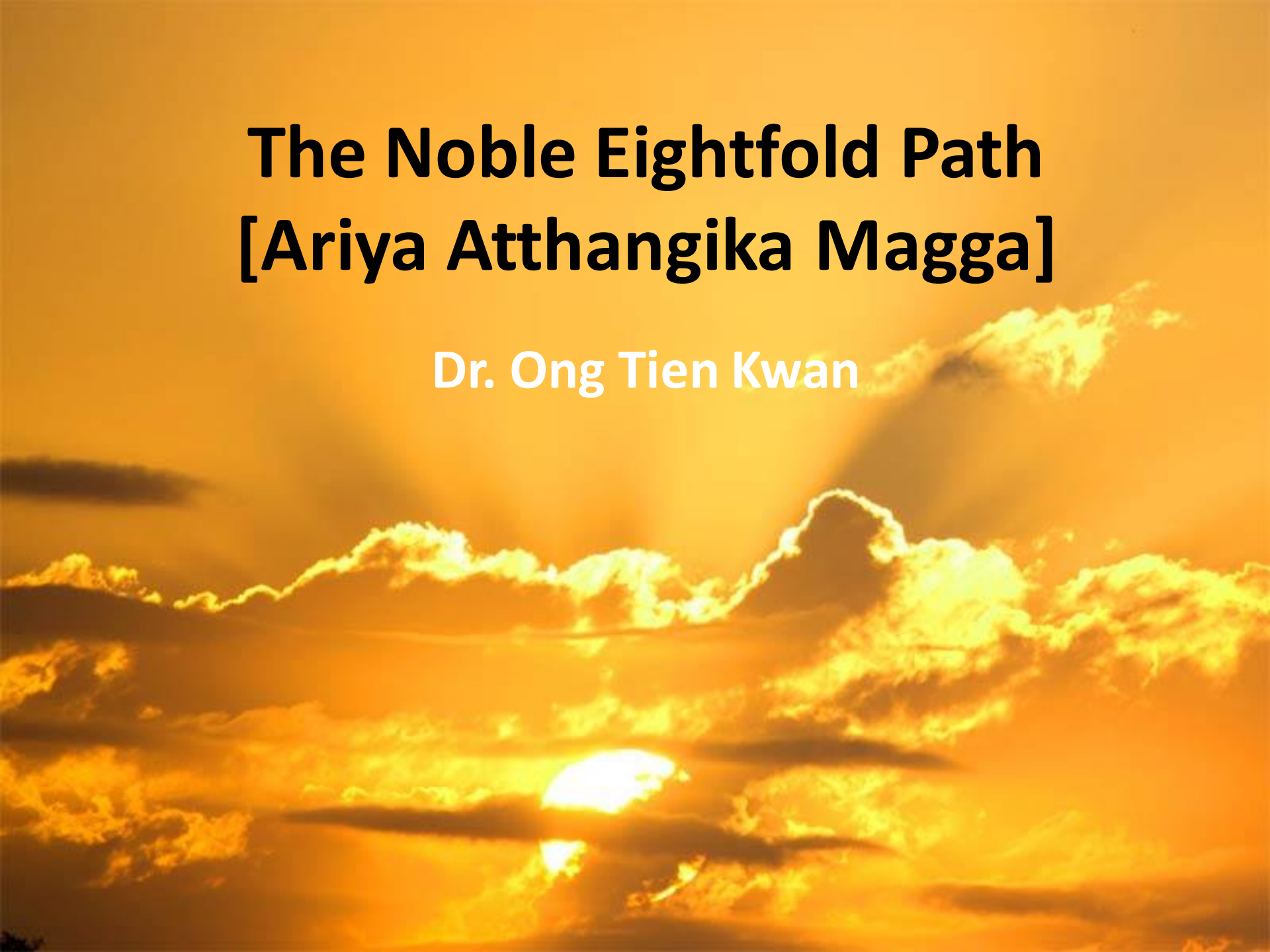


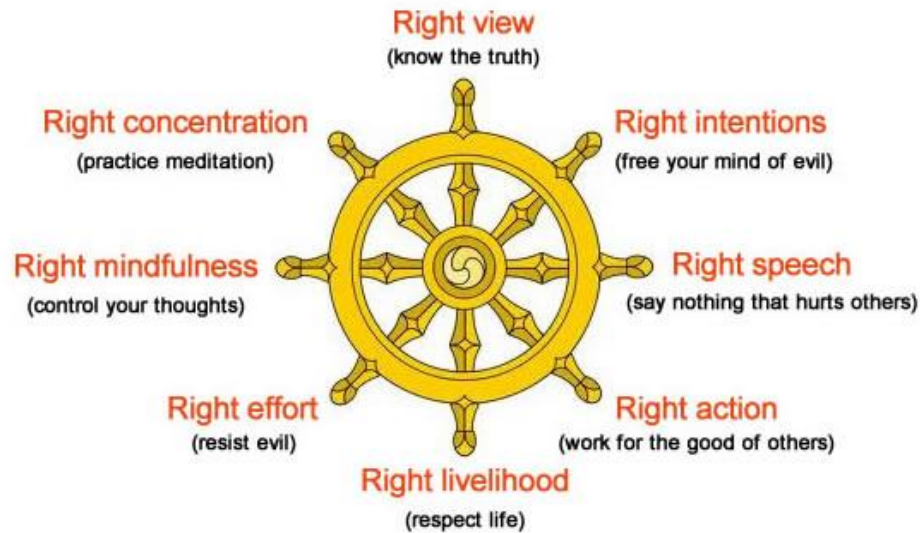
# **The Noble Eightfold Path [Ariya Atthangika Magga]**

**Dr. Ong Tien Kwan**



# Dhammacakkappavattana Sutta

“What, O Bhikkhus, is that Middle Path the Tathagata has comprehended which promotes sight and knowledge, and which tends to peace, higher wisdom, enlightenment and Nibbana? The very Noble Eightfold Path.”



# Middle Path

“The Noble Eightfold Path... avoids the extreme of self-mortification that weaken one’s intellect and the extreme of self-indulgence that retards one’s moral progress.”



<b>NOBLE EIGHTFOLD PATH</b>	<b>ARIYA ATTHANGIKA MAGGA</b>
<b>WISDOM</b>	<b>PANNA</b>
Right View or Understanding	Samma Ditthi
Right Thoughts or Intentions	Samma Samkappa
<b>MORALITY</b>	<b>SILA</b>
Right Speech	Samma Vaca
Right Action	Samma Kammata
Right Livelihood	Samma Ajiva
<b>CONCENTRATION</b>	<b>SAMADHI</b>
Right Effort	Samma Vayama
Right Mindfulness	Samma Sati
Right Concentration	Samma Samadhi



# Fundamental to Practice

<b>Faith (Saddha)</b>	In the Buddha, Dhamma, Sangha
<b>Right View</b>	Right View of the Four Noble Truths Right View of Kamma Right View of Nutriment Right View of Wholesome / Unwholesome
<b>Right Intentions</b>	Thoughts of Renunciation Thoughts of Benevolence Thoughts of Harmlessness
<b>Generosity / Charity (Dana)</b>	Kindness in Thoughts, Words, Deeds
	Give Respectfully, Timely, Appropriately, Without asking for anything in return
	Giving requisites – food, lodging, clothings, medicine
	Ayu, vanno, sukham, balam



# Sila (Moral Conducts)

<b>Right Speech</b>	Avoid Lying
	Avoid Harsh Speech
	Avoid Slandering Others
	Avoid Idle Talks
<b>Right Action</b>	Avoid Killing or taking of lives
	Avoid Stealing or taking what is not given
	Avoid Sexual Misconduct
<b>Right Livelihood</b>	Avoid trading human beings
	Avoid trading animals
	Avoid trading weapons
	Avoid trading poisons
	Avoid trading intoxicants



# Sila (Moral Conducts)

## 6 outcomes for **breaking** the precepts

1. Squander wealth away
2. Bad reputation
3. Cannot stand confidently in an assembly
4. Remorse and regrets
5. Fearful when dying
6. Reborn in woeful planes



# Rewards of Practising Dana and Sila

- Practise a little
  - Reborn in human plane or ghost plane
- Practise moderately
  - Reborn in human plane, with good blessings
- Practise a lot
  - Reborn in heavenly plane





# Samadhi (Concentration)

<b>Right Effort</b>	Prevent arising of unarisen unwholesome states
	Discard unwholesome states already arisen
	Develop unarisen wholesome states
	Promote wholesome states already arisen
<b>Right Mindfulness</b>	Mindfulness of Body
	Mindfulness of Feelings
	Mindfulness of Thoughts / States of Mind
	Mindfulness of Dhamma
<b>Right Concentration</b>	One-pointedness of mind developed through meditation (the jhanas)



# Benefits of Practising Samadhi

1. The only way to transform your life
2. Increasing worldly happiness and appreciation
3. Increase clarity of mind
4. Reborn in Rupaloka (with jhanas)
5. Able to see things as they really are



# Panna (Wisdom)

<b>Right View</b>	Seeing things as they really are / seeing the dhamma
	Seeing the Four Noble Truths
<b>Right Intentions</b>	Renunciation Revulsion Dispassion Liberation



# The Noble Path to Happiness

SADDHA (FAITH)	BHAVANA (MENTAL DEVELOPMENT)
<ol style="list-style-type: none"><li>1. Belief in Buddha, Dhamma, Sangha</li><li>2. Take refuge in Triple Gems</li><li>3. Upholding the Five Precepts</li></ol>	<ol style="list-style-type: none"><li>1. Overcoming 5 Hindrances</li><li>2. Attaining Rupa Jhanas</li><li>3. Attaining Arupa Jhanas</li></ol>
DANA (GENEROSITY)	PANNA (WISDOM)
<ol style="list-style-type: none"><li>1. Kindness in actions</li><li>2. Kindness in words</li><li>3. Kindness in thoughts</li></ol>	<ol style="list-style-type: none"><li>1. Mind-made Body</li><li>2. Psychic Powers<ul style="list-style-type: none"><li>▪ One -&gt; many, Many -&gt; one</li><li>▪ Walk through solids</li><li>▪ Walk on water</li><li>▪ Fly / levitate in air</li><li>▪ Touch moon &amp; sun</li><li>▪ Reach Brahma world</li></ul></li><li>3. Clairaudience</li><li>4. Mind-reading</li><li>5. Recollection of Past Lives</li><li>6. Divine Eyes</li><li>7. Destruction of Asavas</li></ol>
SILA (MORAL CONDUCTS)	
<ol style="list-style-type: none"><li>1. Precepts – 5, 8 and 10 Precepts</li><li>2. Moderation in eating</li><li>3. Restraint in senses</li><li>4. Mindful and Alert</li><li>5. Devoted to wakefulness</li><li>6. Contentment</li><li>7. Seclusion of Body and Mind</li></ol>	