Buddhism

4 Noble Truths and the 8 Fold Path

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| **4 NOBLE TRUTHS** | 1. No one can escape sorrow 2. People cause their own misery because they want things they cannot have 3. Reaching nirvana would free a person’s soul from suffering and from the need for further reincarnation. 4. People can overcome ignorance and desire by following an Eightfold path that leads to wisdom, enlightenment, and salvation. |
| **8 FOLD PATH (MIDDLEWAY)**   * middle way between human desires and denying oneself any pleasure * challenged traditional Hindu ideas (caste system, priests) | 1. **right thought** (faith in the Buddhist view of existence as suffering), 2. **right intent** (incline toward goodness and kindness), 3. **right speech** (avoidance of lies and gossip), 4. **right action** (Don’t steal or harm others), 5. **right livelihood** (rejection of occupations not in keeping with Buddhist principles), 6. **right effort** (prevent evil and do good), 7. **right mindfulness** (control your feelings and thought), 8. **right concentration** (practice proper meditation). |

# Eightfold Path

This is Buddhist doctrine, stated by the [Buddha](http://www.answers.com/topic/buddha) in his first sermon near Benares, India. The path is regarded as the way for individuals to deal with the problems named in the [Four Noble Truths](http://www.answers.com/topic/four-noble-truths).

It is also called the Middle Path, because it steers a course between sensuality and asceticism. Following the Path leads to escape from suffering and attainment of [nirvana](http://www.answers.com/topic/nirvana).