Noble Eightfold Path  Atthaṅgikamagga

The Ariya Path of Eight Constituents; the middle way

The eight constituents of the Ariya Path are:
1. Right Understanding,
2. Right Thinking,
3. Right Speech,
4. Right Action,
5. Right Livelihood,
6. Right Effort,
7. Right Mindfulness, and
8. Right Concentration.

The Ariya Path is the practice that leads to the end of suffering, dukkha.
RIGHT ACTION *Sammākammanta*

Right conduct

Right action consists of abstaining from the three demeritorious bodily actions, i.e., killing living beings, taking that which is not given, and sexual misconduct.

See also NOBLE EIGHTFOLD PATH.

RIGHT CONCENTRATION *Sammāsammaññadhi*

Right concentration consists of concentration of one’s thought on a single object.
RIGHT EFFORT *Sammāvāyāma*

Right endeavour

Right Effort consists in striving to discard whatever demerit that has accrued to oneself and to stave off whatever demerit that has not arisen in oneself, as well as in striving to earn whatever merit that has not accrued to oneself and to enhance whatever merit that has already arisen in oneself.

RIGHT LIVELIHOOD *Sammāājīva*

Right livelihood means earning a living that in no way harms anybody, and in ways that are free from the three kinds of physical misdeed and the four kinds of evil speech.
RIGHT MINDFULNESS Sammāsati
Right Mindfulness means being never forgetful about doing good things that are meritorious.

RIGHT SPEECH Sammāvācā
Right speech consists in refraining from the four kinds of evil speech.

RIGHT THINKING Sammāsaṅkappa
Right Thinking means thinking about renouncing the world, and thoughts free from ill will and cruelty.
RIGHT VIEW Sammādiśṭhi

Right understanding

Right view means a firm belief in kamma, i.e., ones actions and the result thereof. It also means comprehending the four Ariya Truths.
A DICTIONARY
OF
BUDDHIST TERMS

Ministry of Religious Affairs
Yangon, Myanmar