

Four Noble Truths & The Eightfold Path

(The Summit Lighthouse)

In Gautama Buddha's first sermon following his enlightenment, he outlined the Four Noble Truths and the Eightfold Path. He explained that by following this path and avoiding the extremes of self-indulgence and self-mortification, one gains knowledge of the Middle Way.

Four Noble Truths

- 1) Life is dukkha, "suffering".
- 2) The cause of suffering is inordinate desire.
- 3) Freedom from suffering is in the attainment of nirvana.
- 4) The way to this liberation is through the Eightfold Path.

Eightfold Path – (gives eight precepts for right living)

- 1) Right Understanding (or Right Views)
- 2) Right Aspiration (or Right Thought)
- 3) Right Speech
- 4) Right Action
- 5) Right Livelihood
- 6) Right Effort
- 7) Right Mindfulness
- 8) Right Concentration (or Right Absorption of God)