

Buddha's Teachings

Living by the Eightfold Path

Using what you have learnt, you are going to evaluate how easy it is to live by the Eightfold Path. Complete the first two columns to describe the Eightfold Path. When you have done this, consider what problems someone may have following these in the modern world. You do not need to complete the third column for each stage of the path.

Step on path	Description	Difficulties people may face following this
Right understanding		
Right attitude		
Right speech		
Right action		
Right livelihood		
Right effort		
Right mindfulness		
Right concentration		

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Living by the Eightfold Path Indicative Answers

Step on path	Description	Difficulties people may face following this
Right understanding	Accept that nothing lasts forever.	Students may suggest that this is hard to accept as it may be depressing
Right attitude	Try to remain positive and see the best in people.	It is not always possible to remain positive and sometimes people are cruel.
Right speech	Tell the truth.	Sometimes you have to tell "white lies".
Right action	Behave in a correct way. For example, be kind and considerate.	Sometimes it is tempting not to do this, for example, it is easy to be selfish.
Right livelihood	Ensure your career is ethical and does not hurt others or the environment.	This may not be an option if you are poor and need a job.
Right effort	Always think before acting and try your best.	It is not always possible to do this.
Right mindfulness	Think carefully about your own and other people's feelings.	Some people do not deserve to have their feelings considered.
Right concentration	Use meditation to work towards a better understanding of the world around you.	This may be impossible due to distractions.