

The Eightfold Path Correlated With Other Buddhist Teachings

This table attempts to correlate the Eightfold Path with other key Buddhist teachings. The correlation is intended as a framework through which one can be more mindful in applying essential teachings to daily life. Embedded into the framework are the 37 Factors of the Path to Enlightenment.

Four Noble Truths: The Four True Realities for the Spiritually Ennobled (S.V.438-9).

1. Existence of suffering [effect]. Task: To understand suffering.
2. Origin of suffering [cause]. Task: To abandon suffering.
3. Cessation of suffering [effect]. Task: To realize cessation.
4. Path to end of suffering [cause]. Task: To develop the path.

Right View	<p>12 Links of Dependent Origination:</p> <ul style="list-style-type: none"> ▪ignorance; ▪karma formations; ▪consciousness (in a new birth); ▪mind and body (mental and physical existence); ▪six senses (sense organs and mind); ▪contact (sensorial and mental impressions); ▪feeling (feeling, perception {labelling}, fabrication {thinking}); ▪craving (<i>tanha</i>); clinging (form, feeling, perception, fabrication, consciousness); ▪becoming (karma process and rebirth process of becoming); ▪re-birth (birth); ▪aging (decay) and death 	<p>Three Marks of Existence:</p> <ul style="list-style-type: none"> ▪impermanence, no stability (<i>anicca</i>); ▪suffering, unsatisfactoriness (<i>dukkha</i>); ▪not-self, empty of any inherent existence (<i>anatta</i>)
Right Resolve	<p>Five Spiritual Faculties and Strengths:</p> <ul style="list-style-type: none"> ▪faith (conviction); ▪energy (effort); ▪mindfulness; ▪concentration; ▪wisdom (discernment) 	<p>Brahma-viharas (sublime states): ▪loving-kindness (goodwill); ▪appreciative (emphathetic) joy; ▪compassion; ▪equanimity</p>
Right Speech	<p>Internal Speech (within one's mind):</p> <ul style="list-style-type: none"> ▪truthful; ▪needful (not idle or gossip); ▪kind (no harsh words); ▪commendation (not slander) 	<p>External Speech (with others):</p> <ul style="list-style-type: none"> ▪truthful; ▪needful (not idle or gossip); ▪kind (no harsh words); ▪commendation (not slander)
Right Action	<p>The Five Precepts: ▪no killing; ▪no stealing (taking what is not freely given); ▪no sexual misconduct (and misuse of the senses); ▪no lying, slander, harsh words, or gossip and idle talk; ▪no intoxicants (leading to heedlessness).</p>	<p>The Six Perfections:</p> <ul style="list-style-type: none"> ▪generosity; ▪ethics (morality; virtue); ▪patience; ▪joyous effort/enthusiastic perseverance; ▪concentration; and ▪wisdom.
Right Livelihood	<p>Ten Perfections: ▪generosity; ▪virtue; ▪renunciation; ▪discernment; ▪persistence; ▪patience; ▪truthfulness; ▪determination; ▪goodwill; ▪equanimity</p>	<p>Refuge in the Triple Gem:</p> <ul style="list-style-type: none"> ▪The Buddha; ▪The Dhamma; ▪The Sangha
Right Effort	<p>Right Effort: The effort to ▪avoid (prevent) and ▪overcome (abandon) unwholesome mental states; to ▪develop (e.g. 7 factors of Enlightenment) and ▪maintain wholesome mental states</p>	<p>Four Bases of Power: ▪desire (will); ▪persistence (effort); ▪intent (concentration); ▪discrimination (investigation, ingenuity)</p>
Right Mindfulness	<p>Four Foundations of Mindfulness: Mindfulness of: ▪physical body; ▪feelings (or sensations); ▪mind states, moods; ▪mind-objects (<i>dhammas</i> to be mindful of – ▪5 hindrances; ▪7 factors of Enlightenment; ▪5 aggregates; ▪6 senses; ▪4 Noble Truths</p>	<p>Three Defilements: Through mindfulness one can recognize the presence or arising of: ▪greed (covetousness, passion); ▪aversion (hate); ▪delusion</p>
Right Concentration	<p>Samatha: Is the development of mental concentration, of one-pointedness of mind, by various methods.</p>	<p>Vipassana: Is an analytical method based on mindfulness, alertness, and ardency. One develops an understanding of <i>anicca</i>, <i>dukkha</i> and <i>anattā</i> (impermanence, suffering, not-self).</p>