

# Noble Eightfold Path

<p><b>Right View</b></p> <p>Understanding the truth, origin, cessation of, and path of suffering</p>	<p><b>Right Intention</b></p> <p>Lovingkindness, compassion, empathic joy, equanimity</p>
<p><b>Right Speech</b></p> <p>Abstaining from false, malicious, harsh speech and gossip</p>	<p><b>Right Action</b></p> <p>Bodily, verbal, mental, and social action</p>
<p><b>Right Living</b></p> <p>Abstaining from harming living beings, taking what is not given, misbehaving with sensual pleasure, and intoxicants</p>	<p><b>Right Effort</b></p> <p>Abstaining from unwholesome states (arisen and unarisen), developing and maintaining wholesome states</p>
<p><b>Right Mindfulness</b></p> <p>Mindfulness of the body, feelings, the mind, and mental states</p>	<p><b>Right Concentration</b></p> <p>Focus on rising and falling of material form, feelings, consciousness, and perceptions</p>