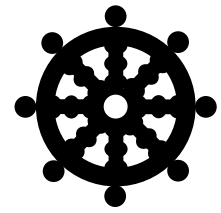


# Buddhism — Nirvana Day

## The Eightfold Path



The Eightfold Path	Practical example of how it can be followed
Right understanding (seeing things as they really are, not how you think they are)	
Right thought (kind thoughts, not cruel ones, giving things up and not being greedy)	
Right speech (not lying, being rude or abusive and not gossiping or chattering)	
Right action (saving life, not destroying it, not stealing, being respectful in relationships)	
Right livelihood (earning a living without hurting others - people or animals)	
Right effort (working hard to understand truth and stay with what is right)	
Right mindfulness (being aware of actions, words and thoughts at all times)	
Right contemplation (learning to meditate without losing concentration)	