

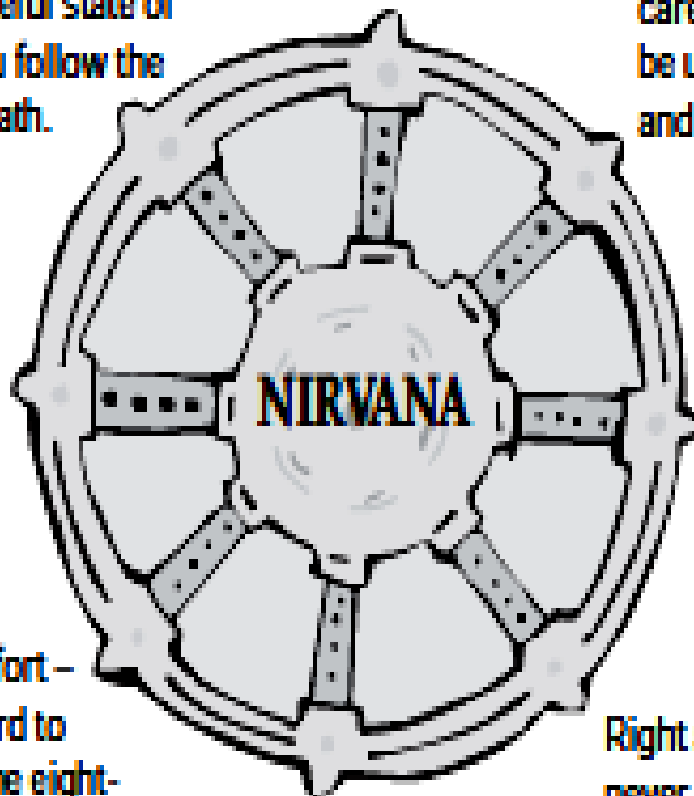
The Buddhist Eight-Fold Path

Right views –
have a positive mind
and focus on the
good in yourself and
in others.

Right concentration –
have a peaceful state of
mind as you follow the
eight-fold path.

Right thoughts –
care for others and
be understanding
and sympathetic.

Right mindfulness –
be aware at all times
of how your thoughts
and actions will affect
others.



Right speech –
never lie or say
hurtful things.

Right effort –
work hard to
follow the eight-
fold path.

Right action –
never kill,
cause injury or
steal.

Right livelihood –
do work which does
not cheat or harm
anyone.