



Buddha, the Word: The Eightfold Path

Nyanatiloka Mahathera

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The Noble Eightfold is one of the principal teachings of the Buddha, who described it as the way leading to the cessation of suffering (dukkha) and the achievement of self-awakening. It is used to develop insight into the true nature of phenomena (or reality) and to eradicate greed, hatred, and delusion. The Noble Eightfold Path is the fourth of the Buddha's Four Noble Truths; the first element of the Noble Eightfold Path is, in turn, an understanding of the Four Noble Truths. It is also known as the Middle Path or Middle Way. All eight elements of the Path begin with the word "right," which translates the word samyanc (in Sanskrit) or samma (in Pali). These denote completion, togetherness, and coherence, and can also suggest the senses of "perfect" or "ideal." 'Samma' is also translated as "wholesome," "wise" and "skillful." According to the bhikkhu (monk) and scholar Walpola Rahula, the divisions of the noble eightfold path "are to be developed more or less simultaneously, as far as possible according to the capacity of each individual. They are all linked together and each helps the cultivation of the others." Bhikkhu Bodhi explains that "with a certain degree of progress all eight factors can be present simultaneously, each supporting the others. However, until that point is reached, some sequence in the unfolding of the path is inevitable."

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