

Wisdom Aspects of the Noble Eightfold Path

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- Preamble
 - Recaps
 - What are the four Noble truths?
 - Not sequential
 - Intertwining strands of a cable (Bodhi)
 - What is the eightfold Path?
- Samma Ditti
 - Different translations: Right View (Bodhi), right “Sight” right Understanding (Rahula)
 - "And what is right view? Knowledge with regard to stress, knowledge with regard to the origination of stress, knowledge with regard to the cessation of stress, knowledge with regard to the way of practice leading to the cessation of stress: This is called right view.

 - (Sathipattana Sutta, DN22)
 - What right view is
 - Analogy: Taking off a pair of sunglasses to see the world as it really is
 - Understanding Dhamma+ Existence
 - Mundane and Superior right view
 - Mundane
 - The concept of Kamma
 - Kamma being volitional action
 - An action performed, once willed.
 - Wholesome and Unwholesome roots of Karma
 - Lobha, Dvesha, Moha
 - Aloba, Adosha, Amoha
 - Responsibility for actions
 - Superior
 - The path to liberation
 - Understanding the eightfold path
 - Understanding the four noble truths
 - Tied to understanding the nature of Buddhism
 - Anitya – Impermanance
 - Duhka – Unsatisfactoriness
 - Anathma – Lack of permanent substance
 - Why this is important
 - Understanding of the world governs attitude, actions, orientation to existence (Bodhi)
 - What “Understanding” means in Buddhism
 - 2 kinds of Understanding (Bodhi)

- Anubodha
 - Reading, listening, and knowing accordingly
 - Booksmarts
- Pativedha
 - “Penetrative Knowledge”
 - Grasping subject without name or label
 - Developed through meditation
 - Experiential understanding
- Right Intention
 - Definition
 - "And what is right resolve? Aspiring to renunciation, to freedom from ill will, to harmlessness: This is called right resolve. (Sathipattana Sutta)
 - Literal translations: Right “Thought”, Right “Intention”, right “Concepts”
 - 3 good intentions
 - Central to Buddhism
 - Harmlessness
 - Karuna
 - A benchmark: Is this action harming me? Harming others? Both me and others?
 - Goodwill
 - Metta
 - Love of a mother towards a child
 - Not clinging
 - Not hinged on a spec relationship
 - Thru metta meditation
 - Renunciation
 - Ultimate goal
 - Not to renounce everything and go live in a cave (as Ron said)
 - Done by Understanding four noble truths in relation to own life
 - Instead, stop clinging to material things, eventually ideas and concepts