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**The Eight-Fold Path**

*The Buddha advised people to follow these eight steps to happiness.*

***Right Understanding***

See clearly what you are doing in life.

Know the Four Noble Truths.

***Right Thinking***

Free yourself from the grip of day-dreams, envy and worry

so that you think more clearly.

***Right Speech***

Don’t lie, gossip or speak thoughtlessly.

***Right Action***

Behave in a way which won’t hurt others.

***Right Livelihood***

Try not to take jobs which will harm other living creatures.

***Right Effort***

Try hard to live your life according to these rules.

***Right Mindfulness***

Pay full attention to what you are doing at any moment.

***Right Concentration***

Train your mind to be still.