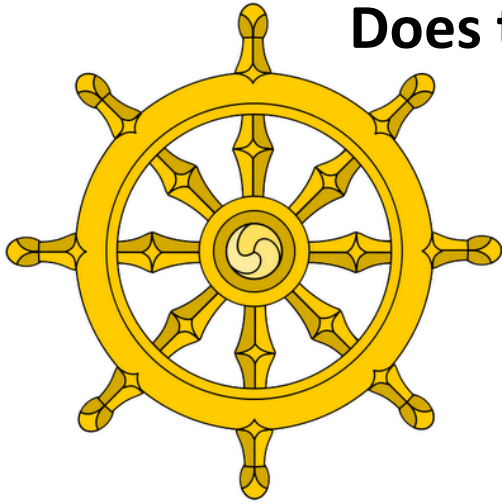


# Does the Eightfold Path Help to Prevent Suffering?



## Aims:

1. We will all be able to identify the elements of the eightfold path
2. Most of us will be able to describe how the path could help to prevent suffering
3. Some of us will be able to evaluate how we can apply the path to our own life

1. Right Vision: .....
2. Right intention: .....
3. Right speech: .....
4. Right action: .....
5. Right Livelihood: .....
6. Right effort: .....
7. Right awareness: .....
8. Right Concentration: .....

## Extension:

## My Eightfold Path:

Which parts of the 8 fold path are relevant to your life? Pick 2-3 examples of the 8 fold path and explain your answer. Extension: Are there any areas of the 8 fold path that wouldn't be useful to you?

The eightfold path could help to prevent suffering because:

.....

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.....However, it is not that helpful because .....

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