

# Can you put The 4 Noble Truths in the right order?

A: The origin of suffering is attachment.

B: There is an Eightfold Path to the end of suffering.

C: The end of suffering is possible.

D: Life means suffering.

Finished??  
Do you think you can  
explain any of them??



*LO: To be able to explain 2-3 sections of the 8 fold path and how this might affect the*



# The Noble Eightfold Path

*LO 1: To explain 2-3 sections of the 8 fold path and how this might affect the behaviour of a Buddhist.*

*LO 2: Give reasons why the Eightfold Path may or may not be relevant in your own lives.*

# Answers

D: Life is full of suffering.

A: The origin of suffering is attachment and craving.

C: The end of suffering is possible.

B: There is an Eightfold Path to the end of suffering.

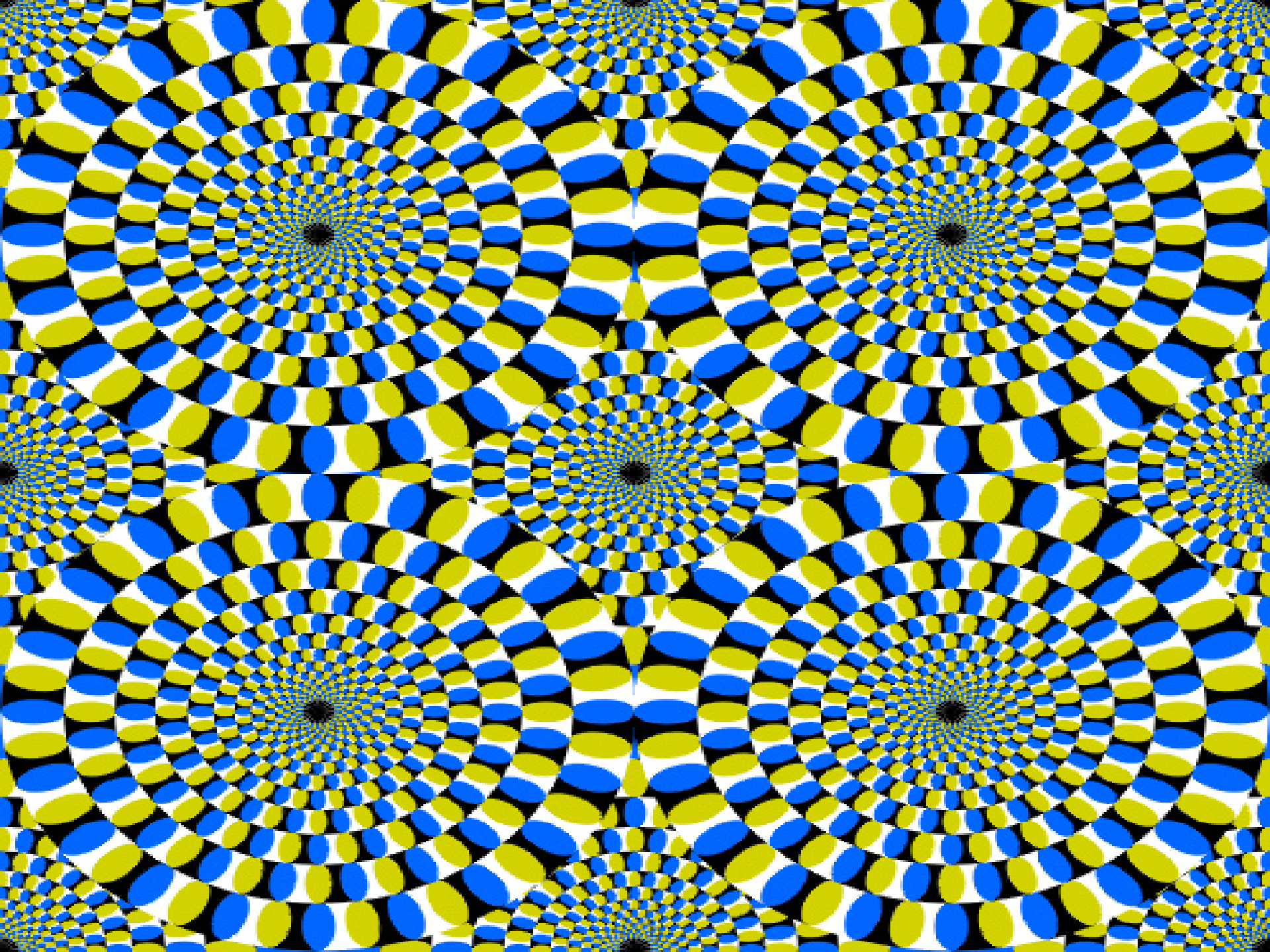


# The 4<sup>th</sup> Noble Truth = The Eightfold Path

What 8 things do you think you should do to end suffering?

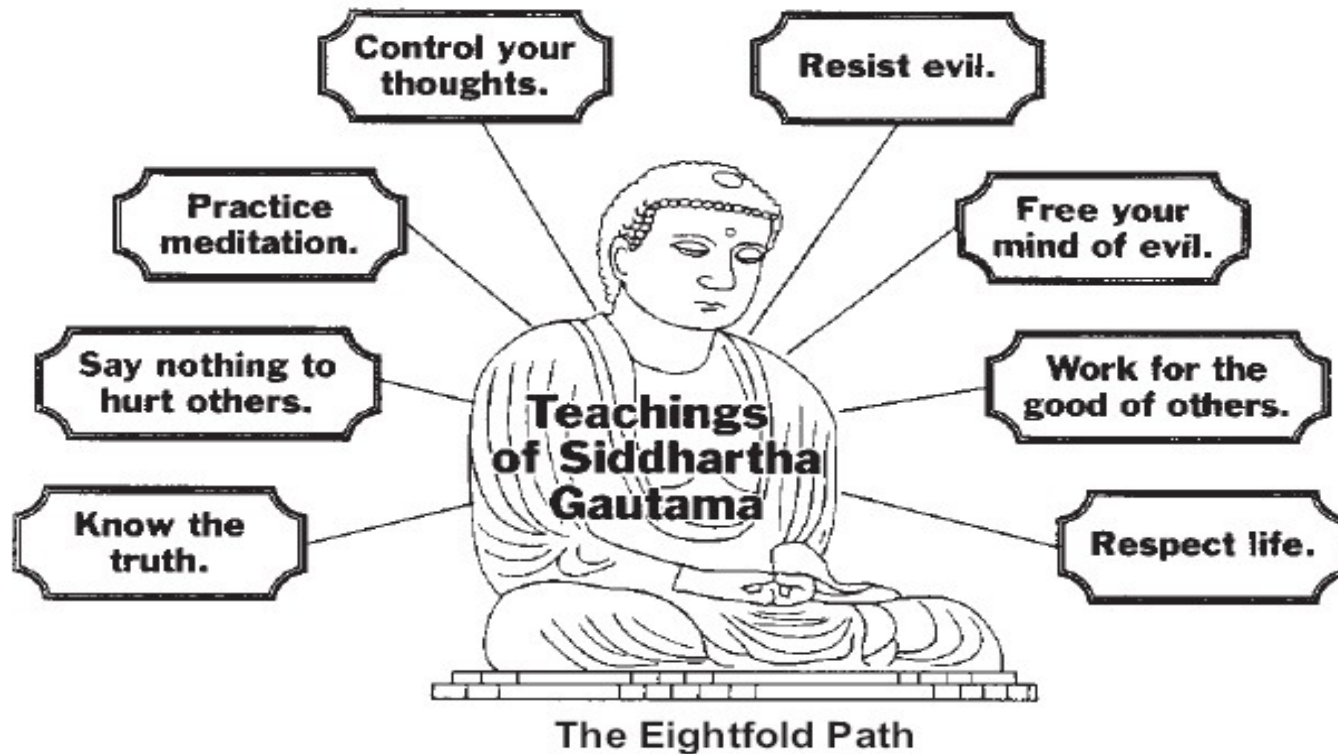
"There is an Eightfold path to the end of suffering."

*LO: To be able to explain 2-3 sections of the 8 fold path and how this might affect the behaviour of a Buddhist.*



# Noble Eightfold Path

*"... a middle way, leads to happiness and freedom from suffering"*



Source: *The Human Experience*, Glencoe

**LO: To be able to explain 2-3 sections of the 8 fold path and how this might affect the behaviour of a Buddhist.**

*Finished??*

*Which is least useful?*

**Control your thoughts.**

**Resist evil.**

**Practice meditation.**

**Free your mind of evil.**

**Say nothing to hurt others.**

**Work for the good of others.**

**Know the truth.**

**Respect life.**

Which stage on the Eightfold path would make the biggest difference to your life and why?







The Dharma Wheel is the Symbol for Buddhism...why do you think that is?


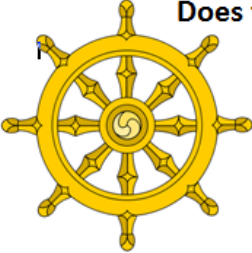


*LO: To be able to explain 2-3 sections of the 8 fold path and how this might affect the behaviour of a Buddhist.*



# Task: Preventing suffering...

**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

**My Eightfold Path:**

If you had 8 basic rules to follow that would help to prevent suffering in your life what would they be. For example, always being respectful, being the best I can be, loving others, being healthy.

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:

The eightfold path could help to prevent suffering because:

.....

.....

.....

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

.....

.....

*Using the information sheet, work through the short tasks to help you question the usefulness of the 8 fold path.*

***Extension: Make a list of behaviour, activities and jobs that Buddhists would try to avoid because of the 8 fold path.***

***LO: To be able to explain 2-3 sections of the 8 fold path and how this might affect the behaviour of a Buddhist.***

Look at the dos and don'ts. Pick one behaviour Buddhist should avoid and one that should be encouraged. Explain your answer.

Believe you have a soul which will continue to the next life.	Accept that everything changes.
Be scared and fearful of getting old. Get upset about getting old.	Be calm and never lose your temper in any situation.
Lie about doing their homework.	Give people advice.
Make decisions based on how you feel at the time and what you want the outcome to be.	Have a clear set of rules about how to follow your life and stick to it.
Gambling.	Being a teacher.
Being jealous of your friend's new phone.	Thinking of ways to raise money for charity.
Walking past a homeless person and not giving them money.	Asking a new pupil to sit with you at lunch.

# Homework:

Research the 10 commandments and compare them to the 8 fold path. What similarities are there? Are there any differences?