

## Buddhism Exercise/Assignment

Siddhartha preached that the practice of the Four Noble Truths and the Eightfold Path leads to enlightenment. What do you think leads to such wisdom? Come up with your own Four Noble Truths and Eightfold Path by following these directions:

A. Review Siddhartha's Four Noble Truths and Eightfold Path below.

### Four Noble Truths

1. Ordinary life is full of suffering;
2. This suffering is caused by our desire to satisfy ourselves.
3. The way to end suffering is to end desire for selfish goals and to see others as extensions of ourselves; and
4. The way to end desire is to follow the Middle path (or Eightfold Path).

### The Eightfold Path

1. Right view. We need to know the Four Noble Truths.
2. Right intention. We need to decide what we really want.
3. Right speech. We must seek to speak truth and to speak well of others.
4. Right action. The Buddha gave five precepts: "Do not kill. Do not steal. Do not lie. Do not be unchaste. Do not take drugs or drink alcohol."
5. Right livelihood. We must do work that uplifts our being.
6. Right effort. The Buddha said, "Those who follow the Way might well follow the example of an ox that arches through the deep mud carrying a heavy load. He is tired, but his steady, forward-looking gaze will not relax until he comes out of the mud."
7. Right mindfulness. We must keep our minds in control of our senses: "All we are is the result of what we have thought."
8. Right concentration. We must meditate to see the world in a new way.

B. Following the same format as above, write your Four Noble Truths and Eightfold Path. In doing so, think about--and write down the answers to-- these questions:

- \* What is important in life?
- \* What motivates people?
- \* How do we create a better world? How should we act towards other individuals?
- \* How should we act to gain wisdom and enlightenment?