

Lesson 2:

What is the 8 fold path and how do Buddhists use it in their daily life?

Key words:

Dharma wheel
livelihood

mindfulness
conduct

samadhi
resolve

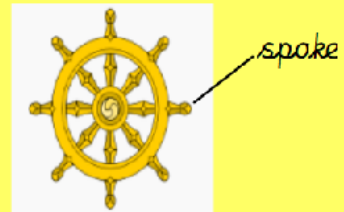
What is the eightfold path?

The eightfold path is a set of 8 practices that Buddhists believe will lead them eventually to liberation (freedom) from rebirth.

Buddhists believe that when a person dies, they are reborn again in a new body and have another chance to live their life. This will end when they manage to live a perfect life, which they can do by following the ideas in the eightfold path.

The path is often represented as a Dharma wheel, with each spoke representing a different practice.

Dharma wheel



The principles of the eightfold path

- Right view: knowing that our actions have consequences and death is not the end
- Right resolve: giving up material possessions and living a religious life
- Right speech: no lying, no rude speech, no talking about people behind their back
- Right conduct: no killing or stealing
- Right livelihood: having a job that helps other people
- Right effort: helping other people to have good thoughts and live good lives
- Right mindfulness: live in the moment, think about what you are doing and experience your life
- Right samadhi: practising four stages of meditation



Buddhists try to follow 'the middle way'. What do you think this could mean?

Discussion

Thinking about the eightfold path and the wheel that Buddhists use to represent it, do you think it has been made in any order?

Which order would you put it in? Why?

What steps should everyone follow?

What steps are found in other religions?

Which do you recognise from a particular religion and can you see any examples of it in your own life?

Your task

Create your own eightfold path.

Which eight things are most important to the way you live your life? Maybe you try to be kind to others, spend time with your family, or care for your environment.

Once you have decided on your eight important practices, either draw your own Dharma wheel or create it out of salt dough.

Pro-tip: if you are drawing your Dharma wheel, use a cup or a small bowl to draw your circle around!

Send pictures of your finished Dharma wheel, along with your eight paths or practices, to the Year 3 email. I look forward to seeing what you have created :)

Plenary discussion

Think of a job that you think a Buddhist person could do. Explain why you think this would be a good job for someone who is Buddhist.



What have we learnt about our big question?

What is the 8 fold path and how do Buddhists use it in their daily life?