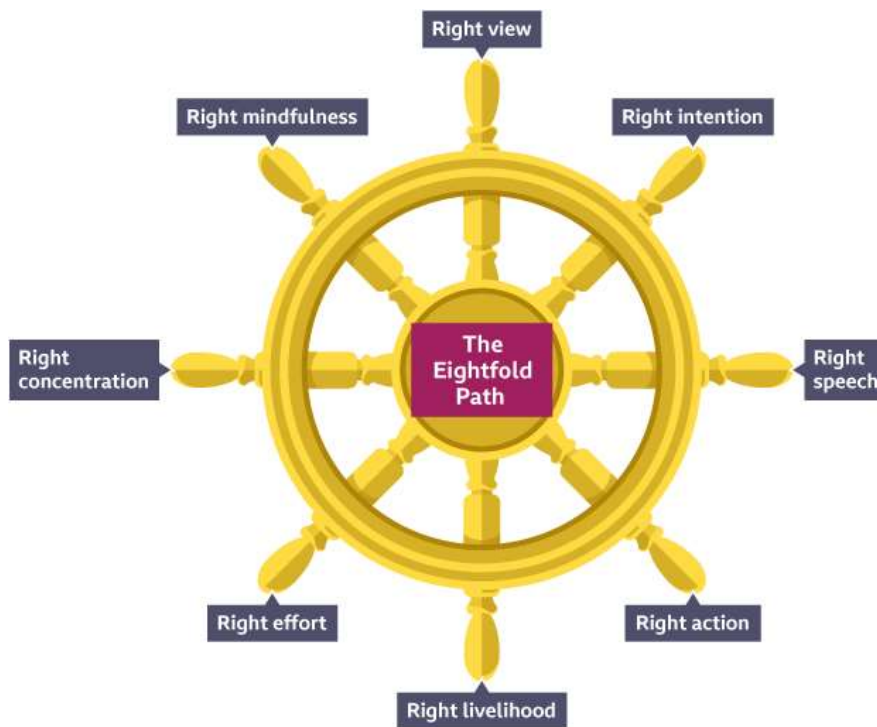


RE, Philosophy and Ethics (RPE) –

Closure work for Year 7

You are now going to have a look at eight important beliefs in Buddhism. These are called The Eightfold Path. It is usually represented by a wheel (the symbol of Buddhism), with eight spokes. The Eightfold Path forms part of the Dharma (Buddha's teachings).



Tasks:

1. Read the information
2. Summarise it in your books
3. Create a flowchart to summarise The Eightfold Path. You should also add bullet points to explain what each step requires and give examples from everyday life, if you can

The Eightfold Path

1. **Right speech** – Avoiding lies, gossip and negative speech. Speaking truthfully and kindly.
2. **Right action** – Acting in a loving and peaceful way, avoiding conflict and harm, and showing restraint in seeking pleasures.
3. **Right livelihood** – Making a living in a way that does not cause harm to living creatures or exploit others, and also not selling harmful items.
4. **Right effort** – Working to develop a positive state of mind, free from craving and hatred.
5. **Right mindfulness** – Develop mindful awareness of the body, the mind and the nature of reality.
6. **Right concentration** – Working towards a state of mental focus necessary for effective meditation.
7. **Right view** – Learning and coming to understand the Buddha's teachings (Dharma).
8. **Right intention** – Being committed to develop the attitudes needed to learn from the Dharma (Buddha's teachings).