The Eightfold Path to Enlightenment

The Eightfold Path offers the Buddhist nirvana (release from the cycle of birth, death, rebirth). This is based on three principles of Samadhi, Panna and Sila. Its steps are:

1. Right understanding
2. Right thought
3. Right speech
4. Right action
5. Right livelihood
6. Right effort
7. Right awareness
8. Right concentration

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SAMADHI
concentration

PANNA
wisdom

SILA
morality