

Eightfold Path to Happiness

Leader:

The teachings of the Buddha help us to understand the oneness of all life. To lead us in the right direction, the Buddha provided us with the Eightfold Path:

All:

Right Views: To keep free of prejudice and superstition and to see the true nature of life.

Right Thoughts: To turn our minds away from violence and hatred.

Right Speech: To refrain from harmful talk and to use our words wisely.

Right Conduct: To see that our deeds come from peace and goodwill. To grow every day in the Buddha's teachings.

Right Livelihood: To try to earn our living in such a way that we avoid causing suffering.

Right Energy: To use our energies to promote the overcoming of ignorance and destructive desires.

Right Mindfulness: To cherish a good mind, for all that we think and do has its roots in the mind.

Right Meditation: To study the teachings of the Buddha and to practice them to the best of our abilities.

Leader:

May the presence of the Buddha, who said that he would live in his teachings, be our guide. May we follow this path until we, too, realize nirvāna.