

## The Eightfold Path

Speaking in a positive and helpful way,  
not gossiping or insulting people

Trying to see things as they really  
are, trying to understand the  
world around us

Being fully aware of the world  
around us, developing our  
awareness of our surroundings

Having a positive approach, thinking  
positively about what you will do

Acting in a positive and helpful  
way, not harming things

Meditating to develop our  
understanding and attitudes

Making a good effort to think and  
do the right things, trying hard

Choosing a job which will  
help others, not harm them