

DHARMA FIELD MEDITATION AND LEARNING CENTER

The Eightfold Noble Path

syllabus

lecture #1—

Wisdom—right view, right intention

read: BPS pp. 63–76; plus Saddhatissa sections #1 and #2

lecture #2—

Words—right speech

read: BPS pp. 77–84; plus Saddhatissa section #3

lecture #3—

Deeds—right action, right livelihood

read: BPS pp. 84–94; plus Saddhatissa sections #4 and #5

lecture #4—

Wholeness—right effort

read: BPS pp. 95–100; plus Saddhatissa section #6

lecture #5—

Awareness—right mindfulness, right meditation

read: BPS pp. 100–109; plus Saddhatissa sections #7 and #8

lecture #6—

Freedom—wisdom revisited

read: BPS pp. 110–116

Handout: Excerpts from *The Buddha's Way*, by H. Saddhatissa