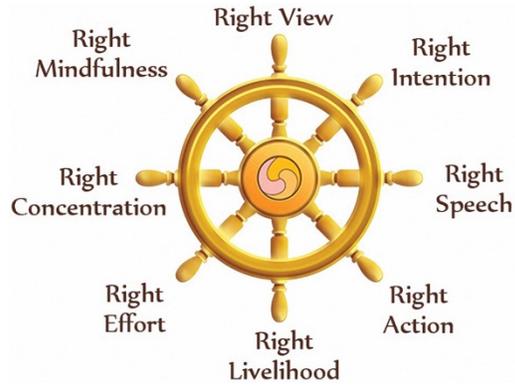


## The Eightfold Path from the First Sermon of the Buddha

### The Eightfold Path (Sanskrit, Pali)

- 1) Right View or Understanding (*dr̥ṣṭi, diṭṭhi*)
- 2) Right Resolve or Intention or Thought (*saṅkalpa, sankappa*)
- 3) Right Speech (*vāc, vācā*)
- 4) Right Action (*karmānta, kammanta*)
- 5) Right Livelihood (*ājīva*)
- 6) Right Effort (*vyāyāma, vāyāma*)
- 7) Right Mindfulness (*smṛti, sati*)
- 8) Right Concentration (*samādhi*)



## The Eight Limbs of Yoga from the *Yoga Sūtras* of Patañjali

*Sādhanās* (The Eight Methods or “Limbs” of Yoga)

1. *Yama* (The 5 Restraints: non-violence, non-lying, non-stealing, non-grasping, celibacy)
2. *Niyama* (Observances: cleanliness, contentment, purificatory action, study, devotion)
3. *Āsana* (body postures)
4. *Prāṇāyāma* (skillful breathing exercises)
5. *Pratyāhāra* (control of the senses)
6. *Dhāraṇā* (concentration)
7. *Dhyāna* (meditation, meditative absorption)
8. *Samādhi* (highest state of meditation, concentration, “trance,” a state of *enstasis* or *enstasy*)

