

**The Noble Eightfold Path**

Right Belief (in the Truth)

Right Intent (to do good rather than evil)

Right Speech (avoidance of untruth, slander and swearing)

Right Behaviour (avoid blameworthy behaviours)

Right Livelihood (some occupations e.g. butcher, publican, were disparaged!!!)

Right Effort (towards the good)

Right Contemplation (of the Truth)

Right Concentration (will result from following the Noble Eightfold Path)

Siddhatha Gautama's Buddha teachings were to provide the basis for the establishment of Buddhism as a most significant religious and philosophical movement - in India for more than a thousand years - with Buddhism also spreading widely into other parts of Asia.

## The Four Noble truths

The First Noble Truth is that old age, illness, and death are all forms of human suffering, and that there are many other other ways in which people suffer. The Buddha accepted the Vedic idea of endlessly successive reincarnations where life followed upon life, with much suffering inevitably attending in each of these lives. The idea of Karma further sugesting that in each existence a person's good or bad deeds would respectively impact positively or negatively on their store of "merit". It was this Karma-merit that would underpin the advantageous, or pitiful, state into which individual reincarnations would occur.

The Second Noble Truth is that suffering is closely linked to desire, a desire for being which leads from birth to death and involve ageing, illness, and mortality. There are also various desires for pleasures and for powers which, frustratingly, may not be realised.

The Third Noble Truth is that suffering can be dispelled by the abandonment of all desires.

The last of the Four Noble Truths holds that such abandonment of desires can be achieved by following the Noble Eightfold Path

.

### ****Mahavira Jaina: His Life:****

The original name of Mahavira was Vardhamana. He was born in a village named Kundagrama near the ancient city of Vaisali. His father Siddhartha was the chief of a Kshatriya clan, famous as Jnatrikas. His mother was princess Trishala, sister of the ruler of Vaisali, Chetaka. She was also related to some other royal families of that time. This shows that Vardhamana was born in a highly aristocratic family of fame and wealth.



### Teaching of Mahavir Jaina:

Tri-Ratna-Mahavira laid the greatest emphasis on a truly good life of the human beings. According to him, the three absolute conditions for good life were the Right Faith, the Right Knowledge, and the Right Action. These principles of life were described as the Tri-Ratna or the three jewels.

For such a good life, man was required to discover his own soul which was ‘The highest, the noblest and the fullest manifestation of all the powers’.