

## राज्यस्तरीय चर्चासत्र विशेष अंक

“वर्धमान महावीर आणि गौतम बुद्ध यांच्या विचारांचा  
आधुनिक इतिहास व संस्कृतीवर पडलेला प्रभाव”





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# “NOBEL EIGHTFOLD PATH: A TOOL TO REDEEM SUFFERING OF SOCIETY TODAY”

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## Abstract-

Buddhism is a method of achieving “Nirvana” or Liberation from suffering. The Method of realizing this was discovered by a man called by a man called the Buddha. The term Buddhism is now used to connote the teaching of Buddha, a Historical person who flourished some 25 centuries ago on the Indian subcontinent. The teaching of lord Buddha has been described as a religion, a philosophysystem, an Ethicon –Moral code a socio economic blue print etc.

The Eightfold path is the most widely known formulation of the Buddha’s teaching. It as an ancient reaching back to the Buddha’s very first discourse and it is highly venerated as a unique treasury of wisdom and practical challenges us to grasp the implication of the vision asks us to transform ourselves in its light.

The essence of the Buddha’s teaching can be summed up in two principles, the Four Nobel Truth and the Noble Eightfold path. The first covers the side of doctrine, and the primary response it understanding, the second covers the side of discipline Teaching of these two principles lock together in to an indivisible unity called the Dharma vinaya the doctrine and discipline, or in brief , the Dharma. The right understanding of the path is itself a part of the practice.

His true path to the end of the suffering comprises the following ....

- 1> One has to set forth a full and accurate picture of the range of suffering.
- 2> It must present a correct analysis of the 4 causes of suffering.
- 3> It must give us the means to eradicate the causes of suffering.

The Eightfold path is the essence of Buddhateaching. The one who practice these path are free all the suffering and evils.

1> **Right Views(Samma Dithi)** - The Path imply a” Ontological Commitment” a decision on the Question of What is real and true it follow that views divide in to classes, right views and wrong views. The former correspond to what is real, the later Deviate from the real and false in practice. If we hold a wrong view is vague, if we adopt a right view, the view will steer is full of miseries. True to the materialism the society is leading towards the suffering. The words today needs the Right View (SammaDitthi) the people are in a urgent need of Right View for the peace and freedom suffering.



2> **Right Intention (Samma Sankappa)**- The term Right Intention is translated as "Right Thought", a penetrating view of the nature of existence, gained through deep reflection and validated through investigation, bring with it a restructuring of values which sets the mind moving towards goals commensurate with the new vision. The application of mind needed to achieve those goals is what is meant by right intention. The Buddha Explains right intentions threefold, the intention of renunciation, the intention of good will, and the intention of harmlessness. When we see how our own lives are pervaded by *Dukkhha*, and how this *Dukkhha* derives from craving, the mind inclines to renunciation. The intention of renunciation provides the remedy to greed. Today's materialistic world is too greedy. Each one is greedy of money, fame, lust, etc. I think these things are due to wrong intention. Everybody is carving for wealth and so on. This is leading the Society towards pains and *Dukkhha*. The increasing greed for wealth is also decreasing the health of the people. The path of Buddha's *Samma Sankappa* is an essence in the today's materialistic world for release

3> **The Right Speech (Samma Vaca)**- Abstaining from false speech, Abstaining from slanders speech, Abstaining from harsh speech and Abstaining from idle chatter, are the four components of the right speech can break lives, create enemies, and start wars, it can give wisdom, heal divisions, and create peace. In the modern age the positive and negative potentials of speech have been vastly multiplied by the tremendous increase in the means and speed of range of communication or it is due to the wrong communication most of the conflicts are arising. For a good negotiation Right Speech by Lord Buddha is an emerging need to avoid conflicts and so on.

4> **The Right Action (Samma Kammanata)**- The components of right action mentioned by Buddha are abstaining from taking life, abstaining from taking what is not given and abstaining from sexual misconduct. Today's society think is corrupting rapidly; there is no newspaper or T.V. news without containing the news of sexual harassment, economic derogation. This is a sign of the rapid degeneration of the society. If the same situation continuous in the future a tremendous loss has to be suffered by the society. These rapid degenerations I think due to wrong action. If this situation has to be altered only the path of right action (*Sammakammanta*) is a solace in this situation. Wrong action is one of the main causes of the suffering of the society. Right action a path shown by Buddha is very necessary to stop the degradation of the society

5> **The Right Livelihood (Samma Ajiva)**- This ensures that one should earn one's livelihood in a righteous way. Wealth should be acquired by legal means, not illegally, one should acquire wealth peacefully and without violence, one should acquire it honestly, not by trickery or deceit. According Buddha earning livelihood by dealing weapons, in living beings, in meat production and butchery, in poison and intoxicants should be avoided. However the materialistic society at present is earning without any care. The ways avoided by Buddha are on the contrary followed to earn the money and to acquire wealth. Practice dece



treachery, soothsaying, trickery and usury are very common in today's society. This is leading the society towards suffering. The people are sleepless and restless due the money and wealth earned by wrong livelihood which is the reason of the suffering for the people. The people suffering from this will be rightly livelihood only when they give the way they earn the money and acquire money by the Right Livelihood.

6> **The Right Effort (Sammavayamma)**- Right Effort provides the energy demanded by the task., in order to unity mind concentration needs support; the energy provided by the right effort. The nature of the mental process effects a division of right effort. The nature of the mental process effects a division of right effort in to four "great endeavors." Society for flourishing right Effort is crucial to each person to work out the deliverance. This energy is to be applied to the cultivation of mind.

7> **The Right Mindfulness (Samma Sati)** -Dhammam, the ultimate truth, is not something mysterious and remote, but the truth of our own experience. What brings the field of experience into focus and make it accessible to insight is a mental faculty called in Pali Sati, usually translated as Mindfulness. Mindfulness is presence of mind, awareness. The mind is deliberately kept at the level of bare attention, detached observation of what is happening within us around us in the present moment. In the practice of right mindfulness the mind is trained to remain in the present, open quiet and alert, contemplating the present event. Right mindfulness is necessary for realizing suffering.

8> **The Right Concentration (Samma Samadhi)**- The right concentration is the eight factor of the path. Concentration represents an intensification of a mental factor present in every state of consciousness. The pointedness of mind has the function of unifying the other mental factors in the task of cognition. Samadhi is a particular kind of one's pointedness. Samadhi is exclusively wholesome ones pointedness, the concentration in a wholesome state of mind. Everywhere there is chess in society. Each and every person is in the tremendous need of Right Concentration. Concentration leads us to the peace. Right Concentration is necessary for the health of the people and the society.

**Conclusion-** In the present scenario world goes to post modern era. We see all our international crises belong to deconstruction the human race and its culture .Developed nation group and developing group are burdens on the undeveloped countries. In Asian group who adopted the Buddhist philosophy also denied the Buddha's eightfold path. They are also fear of the atomic bomb is causing restlessness. Scientists and dictators have neither rest nor peace. There is mistrust amongst the leaders of the nation. The world can be saved lies in a return to the great principles of eight fold path .Hatred can never be cured by hatred. It can only be cured by love.

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