

Key Teachings of the Buddha: Noble Eightfold Path

If one sees the Four Noble Truths as the Buddhist Doctrine, the Noble Eightfold Path can be seen as the way to practise the Four Noble Truths in our daily lives. The Eightfold Path can be further divided into 3 divisions: Good Conduct, Mental Development and Wisdom. The Noble Eightfold Path should not be seen as a sequence of steps. Instead they are highly interdependent principles that are in relation to one another.



The wheel shown above is known as the Dhamma Wheel. The Dhamma wheel symbolises the teachings of the Buddha (or the Dhamma). The number of spokes on the wheel represents different teachings. For example, the 8 spokes on the Dhamma Wheel represents the Noble Eightfold Path.