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Urgyen Sangharakshita

The Buddha's Noble Eightfold Path

An Introduction

Read by **Kulananda**

The Eightfold Path is the most widely known formulation of the Buddha's teaching. It is ancient, reaching back to the Buddha's very first discourse, and it is highly venerated as a unique treasury of wisdom and practical guidance. The teaching of the Eightfold Path challenges us to grasp the implications of that vision, and asks us to transform ourselves in its light. Like the teaching itself, this work covers every aspect of life.



Kulananda. A leading member of the Western Buddhist Order, which he joined in 1977, Kulananda is an experienced practitioner of Buddhism and meditation, and he is author of several books, including *Principles of Buddhism*, *Western Buddhism*, and *Mindfulness and Money*. He is based in Cambridge, where he teaches at the local Buddhist centre.

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