

THE INTEGRATION OF THE NOBLE EIGHTFOLD PATH FOR SUSTAINABLE LIVING: PRACTICAL APPROACHES AND INSIGHTS

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This paper explores the application of the Noble Eightfold Path—a central teaching in Buddhism—to sustainable living, emphasizing the integration of ethical conduct (*sīla*), mental culture (*samādhi*), and wisdom (*paññā*) into practices that support environmental sustainability, social equity, and economic viability. The study provides a comprehensive overview of how the Noble Eightfold Path guides individuals and communities toward harmoniously enhancing the quality of living with the environment while fostering inner peace, ethical integrity, and sustainable development. The primary objective of this study is to investigate how the ethical, mental, and wisdom-based elements of the Noble Eightfold Path can be pragmatically applied to enhance sustainable living. Moreover, the researcher examines the relevance of Buddhist ethical concepts to sustainable practices and highlights the role of mental concentration (*samādhi*) in building resilience and composure. In addition, this research investigates how the concept of wisdom (*paññā*) promotes sustainable behavior of individuals. The study adopts a qualitative research approach by integrating textual analysis with contemporary works on sustainability and ethical living. In particular, Buddhist ethical concepts such as *kusala/akusala* and *puñña/pāpa* shall be examined in seeking practical applications. The benefits of mental concentration (*samādhi*) and the role of emotional intelligence in sustainability are analyzed through a literature review and comparative analysis. This research concludes that the Noble Eightfold Path provides a powerful and actionable guide for achieving sustainable living. By weaving ethical conduct, mental discipline, and wisdom into everyday life, individuals and communities can be fostered to make a sustainable and harmonious world from personal to spiritual well-being. Thus, the paper advocates the aforementioned Buddhist concepts for the potential growth of a harmonious society in the pursuit of sustainability.

Keywords: Ethical values, cultivating mental composure, managing emotions, emotional intelligence