

Buddhism Eightfold Path Art Project Description

Due: Monday, February 10th at the start of class

For this project you will be reflecting upon one step in the Eightfold Path. You will determine how this step applies to your life, where you see it in your life, and how it makes you feel. You will do this by creating a 3D piece of art that will be displayed at our India Gallery Presentation at the end of the trimester.

- ☐ Complete the Project Planning Page
- ☐ Create a piece of art out of **recycled materials**
- ☐ Write a brief description of how the art piece connects to your life

Three-dimensional art means that you can see its height, width and depth. It is not flat like two-dimensional art, which consists of paintings, drawings and photographs. Pottery and sculpture are examples of three-dimensional art.

Remember that the fourth truth in the 4 NOBLE TRUTHS is that one can achieve the cessation of pain and suffering through the Noble Eightfold Path, which is the basis for most Buddhist ethics and behaviors.

The Eightfold Path

The Eightfold Path is the Buddha's description of the path to enlightenment, and the escape of suffering. They are:

1. Right view
2. Right Thinking/Intention
3. Right Speech
4. Right Action
5. Right Livelihood
6. Right Effort
7. Right Mindfulness
8. Right Concentration

Project Planning Page

1. Choose a step in the eightfold path that will guide and inform your 3D art piece. This should be one that applies to your life. When you reflect on your step on the path what words come to mind? Make a web of those words.



2. List five real life examples of this path in action.
3. List five examples that show the opposite of this step in the path.
4. Buddhism is about overcoming the cycle of suffering. How might not following your part of the Eightfold Path ever cause people, or yourself, suffering? (Think of the Buddhist definition of “suffering” or dukkha).
5. What materials could you use? What symbols, colors, objects, textures do you associate with that part of your life? Think of the modern Buddhist art we looked at in class.