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The Eightfold Path of Buddhism, also called the Middle Path or Middle Way, is the system of following these eight divisions of the path to achieve spiritual enlightenment and cease suffering: Right understanding: Understanding that the Four Noble Truths are noble and true. Right thought: Determining and resolving to practice Buddhist faith. Buddhism began in India 2,500 years ago and remains the dominant world religion in the East. There are over 360 million followers of Buddhism worldwide and over a million American Buddhists today. The Theravada form of Buddhism is dominant in southern Asia, especially in Sri Lanka, Myanmar (Burma), Thailand, Cambodia and Laos. For this reason it is sometimes known as "Southern Buddhism." The history of art is immense, the earliest cave paintings pre-date writing by almost 27,000 years! If you're interested in art history, the first thing you should do is take a look at this table which briefly outlines the artists, traits, works, and events that make up major art periods and how art evolved to [...] - Buddhism For Dummies®