

The Eightfold Path

1. Right Understanding / View
2. Right Intention / Thought
3. Right Speech
4. Right Action
5. Right Livelihood
6. Right Effort
7. Right Mindfulness
8. Right Concentration



Guidelines for Living Ethically — Sila

1. RIGHT SPEECH

1. Abstain from lies.
2. Abstain from backbiting, slander, and talk that may bring hatred, enmity, disunity, and disharmony, among individuals or groups.
3. Abstain from harsh, rude, impolite, malicious, and abusive language.
4. Abstain from idle, useless, and foolish babble or gossip.
5. Speak truth.
6. Use words that are friendly, benevolent, pleasant, gentle, meaningful, and useful.
7. Speech should be at the right time and place.
8. If one cannot say something useful, one should keep 'noble silence'.
 - No obligation to speak
 - A calm mind. Inner silence.

2. RIGHT ACTION

1. Abstain from destroying life.
2. Abstain from stealing.
3. Abstain from dishonest dealings.
4. Abstain from illegitimate intercourse.
5. Promote moral, honorable, and peaceful conduct.
6. Help people lead a peaceful and honorable life.

3. RIGHT LIVELIHOOD

1. Abstain from living through a profession that brings harm to others - trading in arms and lethal weapons, intoxicating drinks or poisons, killing animals.
2. Abstain from cheating.
3. Live by a profession that is honorable, blameless, and innocent of harm to others.

Guidelines for Mind Training — Samadhi

4. RIGHT EFFORT

1. The will to prevent unwholesome and evil states of mind from arising.
2. To get rid of such evil and unwholesome states that have already arisen.
3. To produce, to cause, to arise, good and wholesome states of mind not yet arisen.
4. To develop and bring to perfection the good and wholesome states of mind already present.

5. RIGHT MINDFULNESS

Be diligently aware, mindful and attentive with regard to:

1. Activities of the body
2. Sensations or feelings—pleasant | unpleasant | neutral
3. Activities of the mind—all movements of mind and how they arise and disappear
4. Ideas, thoughts, conceptions, and things

6. RIGHT CONCENTRATION

Leads to four stages of Dhyana—Meditation.

1. Feelings of Joy and Happiness are maintained along with some mental activity—Chitta.
2. One-pointedness is developed, tranquility arises, Joy and Happiness are still retained.
3. Joy disappears and Happiness remains in addition to mindful equanimity.
4. All sensations disappear and only equanimity and awareness remain.

Guidelines for Cultivating Wisdom — Prajna

7. RIGHT INTENTION / THOUGHT

1. Selfless renunciation, detachment
2. Love
3. Non-violence

8. RIGHT VIEW / UNDERSTANDING

1. Understanding of things as they are: The Four Noble Truths
2. Seeing the Ultimate Reality—Seeing things as they are, it's true nature without name or label

Two Qualities to Develop:

1. COMPASSION
2. WISDOM

Four Immeasurables:

1. COMPASSION
2. LOVE
3. SYMPATHETIC JOY
4. EQUANIMITY