

The Noble Eightfold Path

- 1. UNDERSTANDING:** we begin to understand that cultivating compassion eases suffering
- 2. INTENTION:** we declare our intention to develop compassion, generosity, mindfulness, clarity and service as our guiding principles
- 3. COMMUNICATION:** we practice radical honesty within the sangha to bring suffering to light and extinguish its power
- 4. ACTION:** we develop a practice of meditation to manifest forgiveness, compassion, awareness and mindfulness in our lives
- 5. LIVELIHOOD:** we seek out opportunities to perform compassionate service for others in both our careers and daily lives.
- 6. EFFORT:** we channel our energies toward kindness and positivity and strive to do no harm to any living being
- 7. MINDFULNESS:** through meditation we discover our ability to overcome our reactive conditioning and to choose wise responses
- 8. CONCENTRATION:** we focus our minds toward unattached appreciation, and aspire to the liberation of all living beings

The Eightfold Path is a non-linear practice of developing spiritual growth; each part as the spoke of a wheel working in harmony with all others to achieve synergy and end suffering.