

The Noble Eightfold Path

- 1. UNDERSTANDING:** We come to understand that everything is ruled by cause and effect. We gain insight into the impermanent, unsatisfactory and impersonal nature of life.
- 2. INTENTION:** We develop our intention to meet all pain with compassion and all pleasure with unattached appreciation, to be generous and kind to all living beings, to be honest and humble, to live with integrity, and to practice non-harming.
- 3. COMMUNICATION/COMMUNITY:** We take refuge in the community as a place to practice being honest, wise and careful with our communication, asking for help from the community and supporting others on their path. We practice openness, honesty and humility about the difficulties and successes we experience.
- 4. ACTION/ENGAGEMENT:** We abstain from all substances and behaviors that could lead to suffering. Compassion, non-attached appreciation, generosity, kindness, honesty, integrity, and service become our guiding principles. We practice forgiveness through meditative training and direct amends.
- 5. LIVELIHOOD/SERVICE:** We try to be of service to others whenever possible, using our time, energy and resources to help create positive change. We try to secure a source of income/livelihood that does not profit from the confusion and suffering of others.
- 6. EFFORT/ENERGY:** We redirect our life's energy in order to recover from our addictions. Only with wise and intentional use of that energy can we master the liberating practices of the Eightfold Path, and avoid the reactive tendencies that create more addiction and suffering in our lives.
- 7. MINDFULNESS/MEDITATION:** We develop wisdom by practicing formal mindfulness meditation. This leads to seeing clearly and healing the root causes and conditions that lead to the suffering of addiction. We practice present-time awareness in all aspects of our lives.
- 8. CONCENTRATION/MEDITATION:** We develop the capacity to focus the mind on a single object, such as the breath or a phrase, training the mind through the practice of loving-kindness, compassion and forgiveness to focus on the positive qualities we seek to uncover. We utilize concentration at times of temptation or craving in order to abstain from acting unwisely.

The Eightfold Path is an ongoing practice that leads to the end of suffering and freedom from addiction.