

Old Dragons Investigate the Eightfold Path

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Wise Understanding
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Four Wise Knowings

There is stress.

Birth is stressful, aging is stressful, illness is stressful. Sorrow, lamentation, pain, grief, and despair are stressful. Separation from the liked is stressful; association with the disliked is stressful. Not attaining one's wishes is stressful. The five focuses of the grasping mind are stressful: attachment to form, attachment to feeling, attachment to perception, attachment to mental formations, and attachment to sense consciousness.

There is a cause of stress: the craving that makes for further becoming — accompanied by passion & delight, relishing now here & now there — i.e., craving for sensual pleasure, craving for becoming, craving for annihilation.

There is an ending of stress: the remainderless fading & cessation, renunciation, relinquishment, release, & letting go of that very craving.

There is a middle path leading to the end of stress: Wise Understanding, Wise Intention, Wise Speech, Wise Action, Wise Livelihood, Wise Effort, Wise Mindfulness, and Wise Contemplation.