

Old Dragons on the Eightfold Path

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Wise Action

	Areas of Inquiry
<p>Refraining from killing</p> <p>Engaging in action that sustains life</p>	<p>Killing “nuisance” creatures as a matter of course</p> <p>Killing thoughts – <i>I wish she would just die / I wish I would just die</i></p> <p>Ethical choices (for example around meat) that make you uncomfortable, but you “go with the flow,” with some sense of convenience, or of being swept along by larger trends</p> <p>Ethical choices with integrity</p>
<p>Refraining from taking that which is not given</p> <p>Engaging in respectful transactions, contentment, and generosity</p>	<p>Consumer goods of sketchy origins – <i>how do I know that buying this Thing does not amount to taking the labor of others/the resources of the world, without giving anything back?</i></p> <p>Envy & coveting</p> <p><i>they’ll never miss it</i></p> <p>Generosity in seen and unseen forms</p>
<p>Refraining from sexual misconduct</p> <p>Engaging in enthusiastically consensual sexual behavior, self-love, or celibacy</p>	<p>Indulging in fixation, even if “nothing happens”</p> <p>Seduction, manipulation, and exploitation as means of access, validation, relief, belonging</p> <p>Owning & respecting Eros as a primordial force in your own body, soul, and creativity</p>
<p>Refraining from intoxicants that cloud the mind</p> <p>Cultivating clear heart-mindedness</p>	<p>Recognizing addictions for what they are, in all their forms</p> <p>Practicing discernment at the level of intentions: <i>Am I smoking /eating /drinking this to get away from something? To deepen into something? To learn? To connect with others in a pleasurable way? Do I know how to access the states I value, without this substance?</i></p>

Karma/Kamma:

When they act upon intention, all beings are the owners of their actions, and inherit its results. Their future is born from such action, companion to such action, and its results will be their home. All actions with intention, be they skillful or harmful, of such acts, they will be the heirs.