

Dragons on the Eightfold Path

Julie Püttgen

Session 6: Wise Effort

4 Great Efforts	Examples
<p>There is the case where a student of wise effort generates desire, endeavors, activates persistence, upholds & exerts her intent for the sake of the non-arising of unwholesome, unskillful qualities that have not yet arisen.</p>	<p><i>I don't currently spend time engaging in hateful political speech or thought. When the opportunity arises to engage in hateful political speech or thought, I am careful not to do so. My mind, heart, and body remain free from the agitation of righteousness and the bitterness of regret.</i></p>
<p>She generates desire, endeavors, activates persistence, upholds & exerts her intent for the sake of the abandonment of unwholesome, unskillful qualities that have arisen.</p>	<p><i>I currently have the habit of arguing with my husband about things that really don't matter, especially before meals, when hunger makes me irritable. I notice this habit, and make the intention to abandon it, knowing it is of no real benefit to anyone. When the opportunity for an argument arises, I set my anger aside, refuse to take the bait, and come home to my heart. Eventually, our mealtimes are much more peaceful.</i></p>
<p>She generates desire, endeavors, activates persistence, upholds & exerts her intent for the sake of the arising of skillful qualities that have not yet arisen.</p>	<p><i>I believe in the benefits of meditation, but I do not yet have a daily practice. I make the effort to set aside a regular time & place for practice, every day. I return to this determination again and again, seeking out & cultivating practices that nourish my heart, until it becomes second nature for me to meditate daily.</i></p>
<p>She generates desire, endeavors, activates persistence, upholds & exerts her intent for the maintenance, non-confusion, increase, plenitude, development, & culmination of skillful qualities that have arisen.</p>	<p><i>I am a good cook, and enjoy the benefits of sharing healthy, delicious food with my family. Every week, I make the effort to source fresh ingredients for us to eat, and set aside time to cook. I do not allow doubts about the benefits of good food to linger in my mind, and I am realistic about how much I can do. Learning from others about best practices, I try new things. I communicate with other members of my household so that they share in the work of preparing good meals. Our health & enjoyment flourish.</i></p>

Adapted from Thanissaro Bhukku's translation of the Magga Vibhanga Sutta:

<http://www.accesstoinsight.org/tipitaka/sn/sn45/sn45.008.than.html>