

<p>1. Wise Understanding</p>	<p>There is stress. Birth, aging, and illness are stressful. Sorrow, lamentation, pain, grief, and despair are stressful. Separation from the loved is stressful ; contact with the disliked is stressful. Not getting what you want is stressful. The five focuses of the grasping mind are stressful. These are attachment to form, attachment to feeling, attachment to perception, attachment to mental formations, and attachment to sense consciousness.</p> <p>There is a cause of stress. Craving for sense pleasure, craving for becoming, craving for an exit.</p> <p>There is an ending of stress. The remainderless fading & cessation, renunciation, relinquishment, release, & letting go of craving. Radical acceptance.</p> <p>There is a middle way leading to the end of stress. Neither giving into craving, nor compulsively resisting it, one is free to embody the eightfold path of Wise Understanding, Wise Intention, Wise Speech, Wise Action, Wise Livelihood, Wise Effort, Wise Mindfulness, and Wise Integration.</p>
<p>2. Wise Intention</p>	<p>Intention of renunciation: RADICAL ACCEPTANCE Intention of non-ill-will: LOVINGKINDNESS Intention of non-harming: COMPASSION</p>
<p>3. Wise Action</p>	<p>Refraining from killing. Choosing to engage in action that sustains & honors life.</p> <p>Refraining from stealing. Choosing to engage in transactions that are socially and environmentally just ; cultivating contentment and generosity.</p> <p>Refraining from sexual misconduct. Choosing to express a reciprocally pleasurable and fully embodied sexuality ; understanding longing <i>as longing</i> ; practicing skillful celibacy ; practicing skillful self-love.</p> <p>Refraining from intentional intoxication. Cultivating clarity ; knowing & valuing a clear, unfettered heart-mind.</p>
<p>4. Wise Speech</p>	<p>Refraining from untrue speech. Choosing to engage in speech or silence that is truthful in practice and intent.</p> <p>Refraining from divisive speech. Choosing to engage in speech or silence that promotes harmony and community.</p> <p>Refraining from abusive speech. Choosing to engage in speech or silence that acknowledges beings’ inherent worth.</p> <p>Refraining from idle chatter. Choosing to engage in speech or silence that is meaningful, uncluttered, and spacious</p>
<p>5. Wise Livelihood</p>	<p><i>"A lay follower should not engage in five types of business. Which five? Business in weapons, business in human beings, business in meat, business in intoxicants, and business in poison."</i> <i>"And what is wrong livelihood? Scheming, persuading, hinting, belittling, & pursuing gain with gain. This is wrong livelihood..."</i></p> <p>Choosing means of livelihood that do not come at the cost of others’ well-being. Choosing to find meaning in one’s work. Choosing investments that are in line with one’s values. Choosing not to hoard resources.</p>

6. Wise Effort	<p>4 Great Efforts: 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. She generates desire, endeavors, activates persistence, upholds & exerts her intent for the sake of the abandonment of unwholesome, unskillful qualities that have arisen. She generates desire, endeavors, activates persistence, upholds & exerts her intent for the sake of the arising of skillful qualities that have not yet arisen. She generates desire, endeavors, activates persistence, upholds & exerts her intent for the maintenance, non-confusion, increase, abundance, development, & culmination of skillful qualities that have arisen.</p>
7. Wise Mindfulness	<p>4 Foundations of Mindfulness: A student of wise mindfulness enters into awareness of the body AS the body – ardent, aware, & mindful – putting away greed & distress with reference to the world. She enters into awareness of pleasant, unpleasant, and neutral sense-states AS sense-states– ardent, aware, & mindful – putting away greed & distress with reference to the world. She enters into awareness of emotions AS emotions – ardent, aware, & mindful – putting away greed & distress with reference to the world. She enters into awareness of mental constructs AS mental constructs – ardent, aware, & mindful – putting away greed & distress with reference to the world.</p>
8. Wise Integration	<p>There is the case where a student of wise integration – quite withdrawn from sense-obsession, withdrawn from unskillful qualities – enters & remains in the first stage of integration: rapture & pleasure born from radical acceptance, accompanied by directed thought & evaluation.</p> <p>With the stilling of directed thought & evaluation, she enters & remains in the second stage of integration: internal confidence, rapture & pleasure born of integrated, unified awareness, free from directed thought & evaluation.</p> <p>With the fading of rapture, she abides equanimous, mindful, & alert, and blissfully embodied. She enters & remains in the third stage of integration, of which the wise declare, “Equanimous & mindful, she has a pleasant abiding.”</p> <p>With the abandoning of pleasure & pain – as with the earlier disappearance of elation & distress – she enters & remains in the fourth stage of integration: complete integration of equanimity & mindfulness, beyond dividing pleasure & pain.</p>

Adapted by Julie Püttgen, with gratitude and considerable poetic license, from Thanissaro Bhukku’s translation of the Magga Vibhanga Sutta:
<http://www.accesstosight.org/tipitaka/sn/sn45/sn45.008.than.html>