

## THE EIGHTFOLD PATH

Establish correct faith	Right View	See things clearly. Understand the Reality of All Existence (Ten Suchness). Abandon self-centered ways
	Right Thinking	Avoid the three evils of the mind <ol style="list-style-type: none"> <li>1. Greed</li> <li>2. Resentment</li> <li>3. Wanting thing our own way</li> </ol> Buddha mind - generosity
Correct attitude in our daily lives	Right Speech	Speak the right words Avoid the four evils of the mouth <ol style="list-style-type: none"> <li>1. Lying</li> <li>2. Double tongue</li> <li>3. Slander</li> <li>4. Improper or careless language</li> </ol>
Correct daily conduct	Right Action	Act with integrity Avoid the three evils of the body <ol style="list-style-type: none"> <li>1. Unnecessary killing</li> <li>2. Stealing</li> <li>3. Harmful sexual practices</li> </ol>
	Right Living	Practice a vocation that is useful to society and beneficial to your mental, emotional and physical health.
	Right Endeavor	Always do good. Avoid idleness or excessive behavior, evils of the mind, mouth and body
Right practice of Buddha's teachings	Right Memory	View yourself, other people and all things with an ethical mind. Self-importance will cause separation and alienation from others.
	Right Meditation	<ol style="list-style-type: none"> <li>1. Determine to follow the teachings of Buddha</li> <li>2. Do not be agitated by any change of circumstances.</li> </ol>

Most of our problems can be traced to a digression from the Eightfold Path. Choose a problem that is causing you concern and determine where you took a wrong turn. How can you get back on the right path?

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**THE TEN SUCHNESSES**  
**“THE REALITY OF ALL EXISTANCE”**

Such a Complete Fundamental Whole	Such a Form	(Phenomenon)
	Such a Nature	(Character)
	Such an Embodiment	(Entity)
	Such a Potency	(Ability)
	Such a Function	(Activity)
	Such a Primary Cause	(Direct Cause)
	Such a Secondary Cause	(Occasion or Condition)
	Such an Effect	(Result)
	Such a Recompense	(Reward or Retribution)