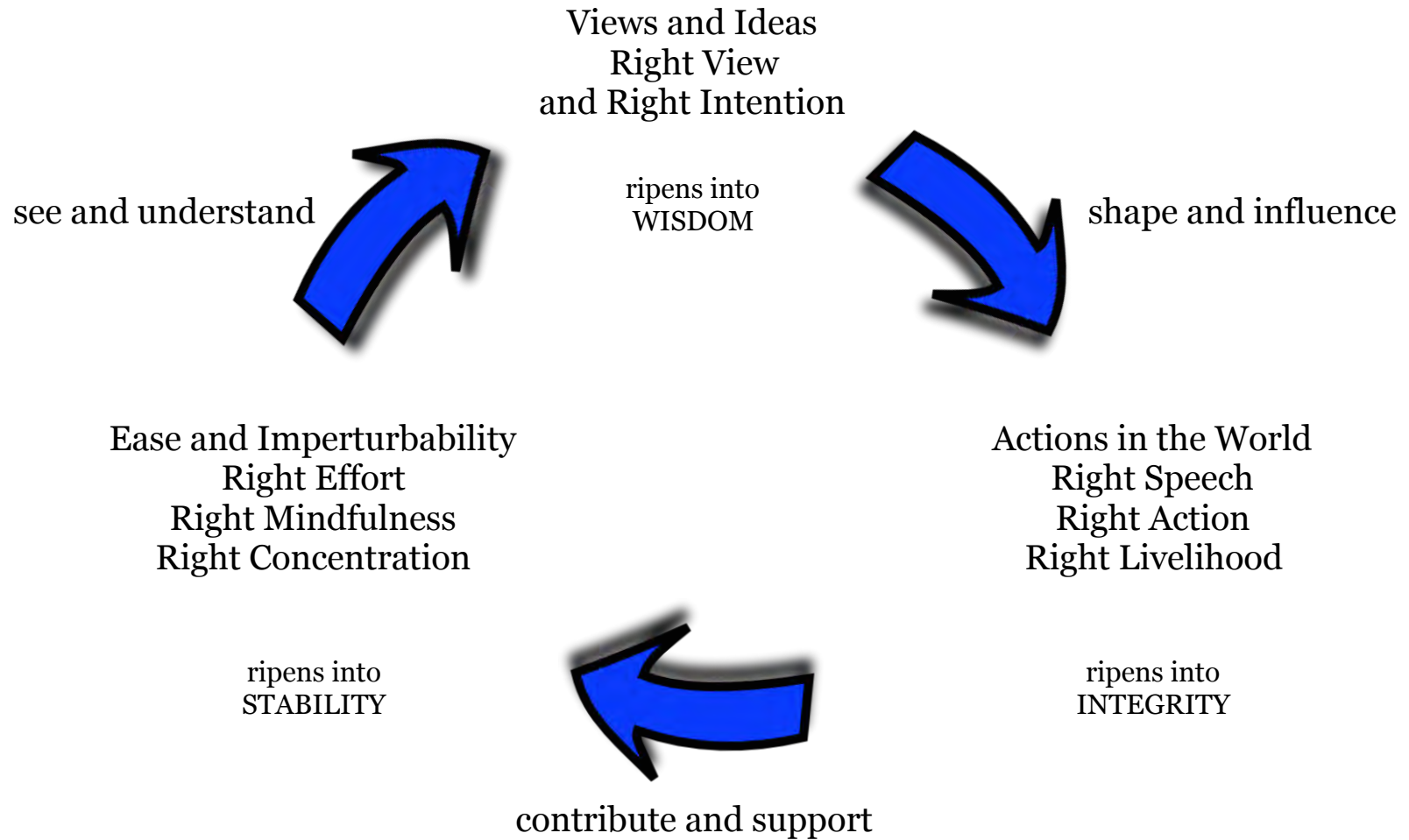


The Eight-fold Path



Working with the Three Right Intentions

Set your intention for the day
 Remember your intention (cues or phrases)
 It might be helpful to read something to inspire your intention
 Just infuse the moment with the intention and observe (like a drop of cream in coffee)
 Don't force anything to happen
 Remember — you're planting seeds

	Intention of Renunciation	Intention of Good Will	Intention of Harmlessness
Investigate	unsatisfactoriness of desire how long with that pleasure last? hedonic treadmill what is enough?	everyone wants to be happy & safe recognizing the conditions and stress of anger and ill-will what conditions support good will?	suffering is universal understanding suffering keeps us from wishing harm to others
Remember	Desire is a liar This too will pass	My intention is kindness The sun shines on everyone	We're all fighting some battle It's hard being a human being
Cultivate	Freedom from being driven by our desires	Open, accepting, and kind heart Freedom from being driven by aversion	Actions to prevent suffering in ourselves and others Freedom from needing to hurt others in order to make ourselves feel better

*All experience is preceded by mind,
 Led by mind,
 Made by mind.
 Speak or act with a corrupted mind,
 And suffering follows
 As the wagon wheel follows the hoof of the ox.*

*All experience is preceded by mind,
 Led by mind,
 Made by mind.
 Speak or act with a peaceful mind,
 And happiness follows
 Like a never-departing shadow. — Dhammapada trans. Gil Fronsdal*