

The Way Things Are

1. impermanence (anicca)
everything changes
2. unreliability (dukkha)
nothing can be counted on
3. not-self (anatta)
nothing is me, myself, or mine

Wrong View

The Way We Want Things to Be

If I only had I would be happy
If I only got rid of I would be happy
If only I were like I would be happy
If only I weren't like I would be happy
I would be happy if ...

Seeing the Futility of External Means for Happiness

1. We seek refuge in our own inner ability
2. We seek refuge in the way things are
3. We seek refuge in the support of others who have undertaken this path

Right View

1. Seeing dukkha
 2. Clinging causes dukkha
 3. Letting go ends dukkha
 4. Eight-fold Path
- What view(s) cause suffering?

Right Concentration

Establishing Stability of Mind
necessary for liberation
What is required to stay here?

Right Intention

1. Intention to let go of sense desire
not seeking pleasant
 2. Intention to not have ill-will
not avoiding unpleasant
 3. Intention to not harm
not striking out at unpleasant
- What are the consequences of my intentions?

Right Mindfulness

1. Body
 2. Feeling Tones
 3. Mind
 4. Hindrances & Awakening Factors
- What supports me to see clearly?

Liberation
nibbana

Right Speech

1. Not lying
 2. Not creating disharmony
 3. Not harsh
 4. Not idle chatter
- What kind of speech leads to ease?

Right Effort

1. Avoiding unwholesome
 2. Abandoning unwholesome
 3. Cultivating wholesome
 4. Nourishing wholesome
- What amount of effort is appropriate?

Right Action

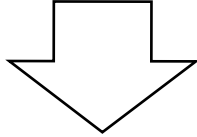
1. Not killing
 2. Not stealing
 3. Not engaging in sexual misconduct
- Which actions result in suffering?

Right Livelihood

1. Not dealing in weapons
 2. Not dealing in human traffic
 3. Not dealing in slaughter
 4. Not dealing in intoxicants
 5. Not dealing in poisons
- In what way can I live that does not cause suffering to myself and others?

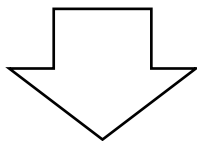
Wrong View

things are permanent
they bring lasting satisfaction
I define myself through identification
with "I", "me", and "mine"



The Way We Want Things to Be

If I only had I would be happy
If I only got rid of I would be happy
If only I were like I would be happy
If only I weren't like I would be happy
I would be happy if ...



Wrong Intention

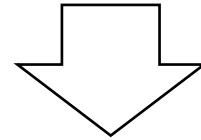
desiring everything to be pleasant
hating anything unpleasant
harming anything that threatens
what I am, possess, or is mine



Right View

The Way Things Are

1. impermanence (anicca)
everything changes
2. unreliability (dukkha)
nothing is satisfactory for long
3. not-self (anatta)
nothing is me, myself, or mine



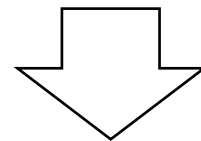
Everything passes or changes



Nothing to hold onto



It's not personal



Right Intention

1. Intention to let go of sense desire
not seeking pleasant (renunciation)
2. Intention to not have ill-will
not avoiding unpleasant (good will)
3. Intention to not harm
not striking out at unpleasant (compassion)

