

The Eight-fold Path

How to develop pure Joy by “living” the Eight-fold Path to support our practice.
DSMC form 108B- JUN-2013

<p>“Right View” is practiced as</p>	<p><u>HARMONIOUS PERSPECTIVE</u> this impersonal view is a major key to living a happy life. Lighten up. Don’t take it personally. Let go and smile.</p>
<p>“Right Thought” is practiced as</p>	<p><u>HARMONIOUS IMAGING</u> is bringing up the image of smiling and laughing which lightens mind and sharpens mindfulness; not taking things personally—this encourages wholesome thoughts...</p>
<p>“Right Speech” is practiced as</p>	<p><u>HARMONIOUS COMMUNICATION</u> Smiling/ lightly laughing/keeping the practice light for success! This is communication with yourself that is so important; especially communication with our mind and body.</p>
<p>“Right Action” is practiced as</p>	<p><u>HARMONIOUS MOVEMENT</u> has to do with mindfulness, as in, remembering to watch the movements of mind’s attention; then using the 6Rs to direct mind away from unwholesome mind-states to wholesome mind-states; keeping a light mind and smiling going as much as possible.</p>
<p>“Right Livelihood” is practiced as</p>	<p><u>HARMONIOUS LIFESTYLE</u> this has to do with developing the new habit of smiling and gently laughing during your daily life. How to let things go more easily and often and develop patience.</p>
<p>“Right Effort” is practiced as</p>	<p><u>HARMONIOUS PRACTICE</u> 4 steps: 1] seeing mind caught by an unwholesome thought /feeling, 2] letting go of that unwholesome thought/feeling relaxing, smiling and laughing, 3] redirecting this lighter mind back to a wholesome object (metta) by smiling and laughing 4] keeping that [metta] smile and laughter going and keeping an impersonal perspective going..</p>
<p>“Right Mindfulness” is practiced as</p>	<p><u>HARMONIOUS OBSERVATION</u> is the ability to observe when mind is light and smiling versus heavy/serious and pulled down.</p>
<p>“Right Concentration” is practiced as</p>	<p><u>HARMONIOUS COLLECTEDNESS</u> a precise LEVEL of collectedness/light concentration or unified mind, by keeping the practice light. Mind is alert, calm, and composed - able to be completely in the moment without disturbances or heaviness. i.e. smiling and laughing more easily with life!</p>