

SKILLFUL VIEW

to understand duḥkha and how it comes about and how to reduce and eliminate it

It is the wisdom that comprehends karma; recognizes impermanence, non-self, and nirvāṇa (or duḥkha); practices the **Four Noble Truths** and perceives the **Twelve Links of Dependent Origination**.

Wisdom Training

SKILLFUL THOUGHT

to maintain the intention and resolve to give up the causes of duḥkha and ill-will, and to practice ahimsā (harmlessness)

It is the practice of freeing oneself of the **Three Poisons** (greed, hatred, and ignorance) by keeping thoughts wholesome and on the Path.

Wisdom Training

SKILLFUL SPEECH

to uphold the four kinds of speech:

Speak only that which is:

- 1) true (honest),
- 2) kind (compassionate),
- 3) joyful (praise),
- 4) helpful (beneficial, altruistic)

Moral Training

SKILLFUL ACTION

*to uphold the **Five Precepts** and always be aware of how our actions affects others*

- 1) not harming (kindness & compassion)
- 2) not stealing (generosity & renunciation)
- 3) no sexual misconduct (contentment & faithfulness)
- 4) not lying (honesty & dependability)
- 5) not becoming intoxicated (mindfulness & responsibility)

Moral Training

SKILLFUL LIVELIHOOD

to make a living that is wholesome, moral and harmless to others and ourselves

Refrain from working in the following industries: gambling, selling human beings, dealing (illicit) drugs, or selling weapons. (as these professions break the **Five Precepts**)

Moral Training

SKILLFUL EFFORT

*to endeavor continuously to free the mind of thoughts that leads one astray from the Path by keeping to, at all times, the **Four Efforts**:*

- 1) Restraint (of the senses)
- 2) Abandonment (of unwholesome states)
- 3) Cultivation (of wholesome states)
- 4) Preservation (of pre-existing wholesome states)

Concentration Training

SKILLFUL ATTENTION

to maintain a mind that is pure, aware and does not harbor unwholesome thoughts

Four Contemplations:

- 1) impermanence
- 2) duḥkha
- 3) śūnyatā
- 4) purity/impurity

Four Immeasurables:

- 1) loving-kindness
- 2) compassion
- 3) empathic joy
- 4) equanimity

Concentration Training

SKILLFUL CONCENTRATION

to fix the mind (meditation) to a state that is always wholesome and clear of delusion no matter the situation or the condition

Cultivating wellbeing, peace, awareness and perceiving our true nature through **samādhi** (concentration), **dhyana** (meditation), and **smṛti** (mindfulness)

Concentration Training