



## **Eightfold Noble Path: Right Effort, Right Mindfulness, Right Attention**

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### **Guidelines for homework and discussion**

1. Make time each day to reflect upon the homework. The purpose of homework is to bring a teaching into *your direct experience*.
  2. In the discussion two weeks later, share a specific bit of *your experience working with the homework*. Your insight or question will be useful to others if it is relevant to the shared homework.
  3. Speak on topic, mindful of the fact that 20+ people are sharing 45 minutes of discussion.
  4. If the homework is confusing, set up a time to meet with George and together you can devise a suitable way to work with it.
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### **Eightfold Noble Path: Right Effort**

Right Effort is to abandon the unwholesome and cultivate the wholesome. Right Effort (Sanskrit *vayama*) is associated with *virya* (energy, diligence, enthusiasm). Right Effort energetic and diligent but not harsh. It's enthusiastic and also sustained. It arises from Right View (the direct understanding of the causes of suffering and the causes of freedom) and from Right Intention (to abandon unwholesome impulses and adopt wholesome intentions).

#### **Homework:**

1. *Notice impulses arising* that lead to unwholesome and unhelpful thoughts, words, and deeds. Recognize the impulse, learn how it feels, and form the intention to abandon it for the sake of yourself and others.
2. *Form the intention* to engage in wholesome thoughts, words, and deeds that tend to lead to clarity and freedom and benefit for yourself and others.

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## **Eightfold Noble Path: Right Sati and Right Samadhi**

**Right Sati:** "Mindfulness" is the usual translation for the Sanskrit word *sati*. Sati remembers the object of attention and is alert and clearly comprehending. Not distracted, not busy, not dull. It takes practice.

**Right Samadhi:** Often translated as "concentration," *samadhi* literally means "to bring together." What we bring together is *attention and experience*. Samadhi is the *stability of unified attention*. Samadhi is not a narrow concentration or focus. Samadhi is not an empty, unfeeling stillness. *Samadhi is stable presence in experience*. It takes practice.

### **Homework:**

Commit to two sessions per day to cultivate undistracted attention to real-time experience. A session could be as short as ten minutes, but invest in two daily sessions devoted to attending to your direct experience.

As you sit in meditation, notice the interaction between *samadhi* and *sati*. See how they depend upon each other. *Samadhi* is *resting* attention in the sensations of breathing. *Sati* is mindfulness, *clear awareness*, of what is arising in experience.

When you meditate, how does the *resting in attention* affect the *awareness of experience*?

As you rest in the breath, are you aware of feelings and thoughts?

As feelings and thoughts appear and disappear, can you continue resting in the breath?

Try it daily and see what happens over time.

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