

Noble Eightfold Path Scan by Gregory Kramer

Guiding questions for each path factor, from *A Whole-Life Path* by Gregory Kramer:

Right View (Samma Ditthi):

How is my perspective affecting how I see things right now?

Can I see how cause and effect are operating?

Do I discern dissatisfaction or the hunger that drives it?

Can I feel or imagine that release is possible right now?

How is my relatedness manifesting: With care? In loneliness? In wise conversations? Where is there wisdom in what I am speaking, thinking, or reading?

Right Intention (Samma Sankappa):

What is the purpose of the action I'm doing, the words I'm saying, or the relationship I'm in?

Can I sense the overarching direction of my life right now?

Is it aimed towards shedding or accumulating?

Towards kindness or securing the self?

What vows, commitments, or goals are orienting me now?

How am I engaging the power of shared intention with my current companions?

Right Speech (Samma Vaca):

Is what I am about to say (or withhold saying) true? Beneficial? Timely? Am I speaking (or not speaking) out of kindness?

For whose harm or benefit am I writing this email, blog post, or creative expression?

Am I engaging in gossip or divisive speech?

Do my words carry compassion or expressions of joy?

Am I listening well?

Right Action (Samma Kammanta):

Am I acting with care for others, creating safety and not harm?

How might this action impact my own mind?

How might it impact other people or my relationships with them?

What might the social and environmental impact of this action be?

Am I acting wisely with sexuality and intoxicants?

Does what I am doing proactively contribute to the wellbeing and safety of others?

Right Livelihood (Samma Ajiva):

In this moment, how am I using the requisites of food, clothing, shelter, and medicine?

How about transportation and communications?

How am I affecting my ecological footprint in this moment?

Do my current professional activities reflect my values?

What is the moral provenance of this money I'm earning?

What is the impact of how I'm spending money?

Is the practice of giving present in what I am doing (saying, thinking) now?

Right Effort (Samma Vayama):

Am I bringing energy to the whole-life path?

Where do I see laziness, and if it is present, can I rise up through it and apply myself to what is good?

If things are difficult now, am I persevering?

What is my effort in this moment to abandon the unwholesome, like greed and aversion? To cultivate the wholesome, like generosity or metta?

Is this an appropriate moment for an intentional practice of friendliness, generosity, patience, or tranquility?

Right Mindfulness (Samma Sati):

Why am I practicing awareness right now?

What am I aware of: The body? Feelings? Mind states? How Dhamma frameworks reveal and focus experience?

Am I aware of awareness?

How am I aware: Internally or externally? Noting the rising and vanishing of phenomena?

Where am I practicing awareness: Here? In this body? Is there distance between mind and object?

When am I practicing awareness? Can I sense the immediacy of now?

Right Samadhi (Samma Samadhi):

Is the mind tranquil? Is it gathered?

To what extent does the mind rest easily where I place it, or to what extent does it jump around?

How is this present action or this relationship contributing to stillness or agitation?

Are faith, happiness, or contentment present now, and does the mind settle in them?

Can I experience a pleasant abiding in how things are right now?"

Source: Gregory Kramer, *A Whole-Life Path*, p.23-25.