

## **Training in Wisdom 9: Eightfold Path & 6 Paramitas**

The Noble 8-fold Path was a key part of the first discourse on Dharma taught by Shakyamuni Buddha.

It has been widely used as a map of the path, even down to this day after 2500 years. Later, the Mahayana expanded the practice of the path with the 6 Paramitas.

The original 8-fold path:

1. Right View: taking any of the views described in the teachings, especially the ultimate view of no-view.
2. Right Intention or Right Understanding: Motivation is a very important part of any action. An action done with actual good motivation enhances any positive action and mitigates the effects of any negative action.
3. Right Speech: cultivate loving speech and deep listening.
4. Right Action- Harmlessness in all actions of body
5. Right Livelihood- to earn one's living without transgressing the ideals of love, compassion and harmlessness
6. Right Effort- Diligence in practice

7. Right Mindfulness- extending the duration & frequency of mindful moments.
8. Right Concentration, Right Samadhi- Focused one-pointed mind

In the Mahayana added emphasis is placed on compassion and care for others. This emphasis is expressed in the Six Paramitas:

1. Dana Paramita- the Perfection of Generosity: Giving material objects, protection and encouragement, and giving Dharma teachings.
2. Shila Paramita- Perfection of Ethical conduct: following rules of behavior for practitioners.  
Avoidance of the 10 non-virtuous actions:  
No Killing, No Stealing, No Sexual Misconduct;  
No Lying, No Slander, No Harsh Speech,  
No Idle Chatter; No Covetousness, No Ill Will,  
No Wrong Views.
3. Kshanti Paramita- Perfection of Patience. Practice of patience in all situations, be they social or internal.
4. Virya Paramita- Perfection of Effort, of Diligence
5. Dhyana Paramita- Perfection of Concentrated Mind. Shamatha.
6. Prajna Paramita- Perfection of Wisdom, of Discriminating Insight. Vipassana

Later, 4 more Perfections were added, to tally with the 10 Bhumis:

7. Upaya Paramita- Perfection of Skillful Means.  
Increase of the ability to teach and transform other sentient beings. Compassion in action.
8. Pranidhana Paramita Perfection of Prayer, of the Bodhisattva Vow. 'Monlam'
9. Bala Paramita- Perfection of Power.
10. Jnana Paramita- Perfection of Omniscience.

Practicing these 10 open the way to Full Awakening, the way to Bodhi.

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