

Walk the Eight-fold Path

First we learn wise understanding: Eight-fold Path.

Next we learn wise aspiration: Eight-fold Path.

Understanding leads to practice,

Aspiration guides our wisdom;

Walk it to the end of suffering: Eight-fold Path.

Wisdom's speech is true and gentle: Eight-fold Path.

Wisdom's action follows precepts: Eight-fold Path.

Speech gives courage to the fearful,

Action shows the power of virtue,

Walk the Elders' Way of Wisdom: Eight-fold Path.

Wisdom's livelihood is harmless: Eight-fold Path.

Wisdom's vigor serves the helpless: Eight-fold Path.

Livelihood respects all beings,

Vigor can protect the planet;

Walk the Way of Great Compassion: Eight-fold Path

Wisdom's mindfulness remembers: Eight-fold Path.

Focus with wise concentration: Eight-fold Path.

Mindfulness brings satisfaction,

Concentration leads to wisdom,

Walk the way of peace and happiness: Eight-fold Path.

Understanding, aspiration: Eight-fold Path.

Wisdom' s speech and wisdom' s action: Eight-fold Path.

Wisdom' s work and wisdom' s vigor,

Mindfulness and concentration,

Walk the road to liberation: Eight-fold Path.

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