

## EIGHTFOLD NOBLE PATH OF MINDFUL CONVERSATION

1. **WISE or RIGHT UNDERSTANDING** – Giving up certainty and moving into the unknown with curiosity
2. **WISE THOUGHT** – Learning that our thoughts arise from conditions and are, therefore, inherently unreliable
3. **WISE SPEECH** – Allowing the truth to emerge among us, through speaking mindfully and truthfully, rather than through speaking “*my truth*”
4. **WISE ACTION** – Listening deeply and empathically, in any conversation or conflict, for the underlying, fundamental issues that connect and integrate, rather than separate
5. **WISE LIVELIHOOD** – A wise approach to living mindfully is to affirm and acknowledge our common humanity and accept all of who we are
6. **WISE EFFORT** – Being in development – intentionally and mindfully
7. **WISE MINDFULNESS** – Thinking paradoxically by adopting a “both/and” rather than an “either/or” worldview – the foundation for reliably generating authentic conversation
8. **WISE CONCENTRATION** – Mindfully belonging to a conversation