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

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