

The Path of the Sage

1. The path of the sage is to be aware of the goodness of one's life. It is to be thankful for and content with all that one has. It is to remember the poor and oppressed and one's obligation to help them.
2. The path of the sage is to be aware of and to investigate the motivations, manifestations, and consequences of the ego. It is to show compassion and offer forgiveness to both oneself and others, as all are influenced by the ego.
3. The path of the sage is to be aware of unwholesome states of mind. It is to strive to maintain wholesome states of mind.
4. The path of the sage is to refrain from thoughts, words, and deeds that diminish the dignity of others and demonstrate a lack of compassion. It is to do only that which acknowledges the dignity of and demonstrates compassion for all sentient beings.
5. The path of the sage is to recognize and contemplate impermanence, suffering, nonexistence of self, karma, craving, aversion, and the unsatisfactory nature of all objects of craving, aversion, and attachment.
6. The path of the sage is to accept the present moment as it is, whether good or bad, without emotion, craving, or aversion. It is to let circumstances be as they are without forming likes or dislikes, and without holding views.
7. The path of the sage is to be the best parent and spouse to one's family that he or she can. It is to love them with his or her whole heart.

This is the path of the sage. This is the way I have chosen.