

Fourth Principle: The Path from Suffering to Freedom				
Eightfold Path:	Three Disciplines	Three Phases of Wisdom	Three Refuges	Four Reliances
1. Realistic View	Wisdom/ Science	1. Intellectual, Learned Wisdom	1. Buddha/ Mentors	Rely on: 1. Teaching Not Teacher 2. Meaning Not Letter 3. Liberative Not Descriptive Meaning 4. Intuitive Wisdom Not Knowledge
2. Caring Intention				
3. Appropriate Speech	Ethics/ Lifestyle			
4. Skillful Action				
5. Wholesome Livelihood				
6. Progressive Effort	Meditation/ Self- regulation	2. Reflective, Examined Wisdom	2. Dharma/ Teachings	
7. Authentic Mindfulness				
8. Complete Concentration				

Table 3. Fourth Principle of Mindfulness: The Path from Suffering to Freedom (A. Campbell, adapted from J. Loizzo)