

PATH SCAN REFLECTION: Based on Gregory Kramer's Path Scan from *A Whole Life Path*, pages 23-25, with revisions by Marylouise Kelley for education purposes.

- Where do you feel called?
- What is workable? What is needed?
- What's alive in my life right now?
- Which of these speak to you?

Tune into any reactions – any felt sense in the body, a feeling, or thought that calls your attention. Make a note for each of the Path Factors where you feel a resonance, perhaps a strong sense of rightness, OR the sense that something is needed. Consider how the Path is manifesting in your life right now.

Right View

Do I discern dissatisfaction and how I relate to it?

How is my perspective affecting how I see things?

Can I see how cause and effect operate?

Do I intentionally contemplate core Dhamma teachings in my practice?

Right Intention

Can I sense the overarching direction of my life right now?

What vows, commitments or goals are orienting me right now?

Am I oriented toward shedding or accumulating?

Are my values and intentions aligned with how I prioritize my time and resources?

Right Speech

Is what I am about to say true, kind? timely?

Do I refrain from gossip and divisive speech?

Am I listening?

Can I moderate my speech and become comfortable with silence?

Right Action

Am I acting with care for others, creating safety and not harm?

How might my actions impact others and my relationship with them?

Am I acting wisely with sexuality and intoxicants?

What might the social and environmental impact of my actions be?

Right Livelihood

What is the impact of how I spend my resources?

Is the practice of giving present in what I am doing now?

How am I affecting my ecological footprint?

Do my professional activities reflect my values?

Right Effort

Am I bringing energy to the whole-life path?

What is my effort to abandon unwholesomeness like greed and aversion?

What is my effort to cultivate the wholesome, like gratitude and metta?

Is this an appropriate moment for intentional practice to cultivate compassion, patience, or tranquility?

Right Mindfulness

What am I aware of – the body? The mind? Feelings? Phenomena?

How am I aware – internally and externally?

Do I practice awareness – during formal meditation on the cushion? Throughout my daily life?

Do I practice in relationship with others?

Right Concentration (Samadhi)

Is the mind tranquil? Gathered?

Does the mind rest easily where I place it or does it jump around?

How is this present action contributing to stillness or agitation?

Can I experience a pleasant abiding in how things are right now?