

26 Guidelines

1. Opinions are of limited value; do not cherish even your own. Seek first to understand.
2. You will always pay for what you get. You may pay up front or pay out back, but you will always pay.
3. Engage only in intentional conflict.
4. Do not concern yourself with what people might deserve. Give thought only to what is needed.
5. While you may hold that respect should be earned, civility and courtesy must be automatic.
6. Good intentions and goodwill are essential, but insufficient. One must have the skill and ability to be helpful.
7. No part of the Path is a destination to be reached, but describes a level of practice to be maintained.
8. In your Path, prioritize values and actions over mere beliefs.
9. Learn to help by supporting rather than imposing.
10. Practice self-care. You are only as able to serve as your self-care allows you to be.
11. Some elements of your life are in your control and others are not. Learn to tell the difference and invest your energy and concern accordingly.
12. Regardless of what you feel, your behavior remains your responsibility.
13. A certain amount of pain is inevitable. It should be neither feared nor courted.
14. Uncertainty, ambiguity, complexity, and impermanence are a constant. Do not think of them as enemies.
15. Learning you are wrong is better than staying wrong. Learn, adapt, and move on. Fail upwards.
16. Step back from expectations. Deal with the field in front of you and within you.
17. Resilience, commitment, serenity, and patience: The slow walk is best for the Path.
18. Consider how much of your emotional activities and opinions are simply habit.
19. Do not get hung up on your progress. It can be a barrier. Always be ready to get back to the essentials.
20. What you 'know' is often a barrier to both understanding and peace.
21. All experiences are occasions for practice.
22. Do not confuse the multitude of tasks with walking the Path.
23. The community is not the Path. The Temple is not the Path. Even the lantern that lights the Path is not the Path.
24. There are always many truths.
25. Do not compare or identify the Force with this or that. Just sit with it.
26. Do not seek to establish your legitimacy through associations with groups or ideas. Allow it to be recognized as a consequence of your efforts.

(Written by Cabur Senaar – July 21st, 2017)